

Inside: The truth on eating disorders!

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Send your correspondence and Cracker Jacks to: Susie Shellenberger, *Brio Magazine*, Colorado Springs, CO 80995. (We'd also like to have an unopened can or bottle of Coca-Cola from Vietnam.)

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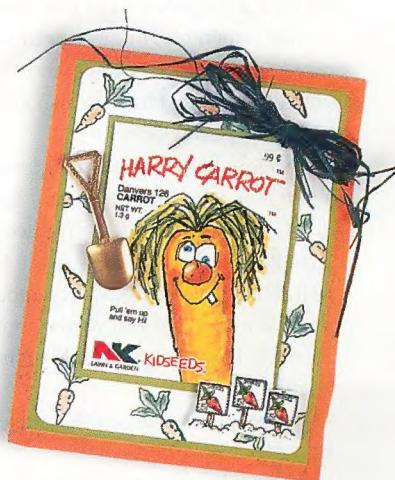
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Dear Susie:

I've always wondered how God is going to use me. I've been diligently seeking His will for my life, and He's beginning to show me some exciting things! The stuff He's showing me, though, is way more than I've ever dreamed!

I don't doubt that God can use small people in huge ways, but for me this seems colossal. I want more than anything to believe that this is God speaking and not just myself dreaming things up, but how can I tell?

I read the Bible and pray daily, but I'm still unsure. To me, the answer seems logical, but if I told anyone else, I'd get laughed to the moon.

Dazed
East Hampton,
Mass.

Dear Dazed:

You're right—God dreams **BIG** dreams for us, and His plans are always more exciting than what we could create for ourselves. I admire you for making His will for your life such a diligent part of your prayer life.

Just remember, though, your future career is only a teeny-tiny part of God's will for your life. His plan also includes *right now*—today!

It might help to remember Jesus' advice about living one day at a time: "But seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. *Each* day has enough trouble of its own" (Matthew 6:33-34).

Other great verses on this subject are Proverbs 3:5-6.

God will guide you one step at a time. He doesn't always give us "inside

I've grown up in church, but I've never really made a commitment to God.

I've grown up in church, and although I had asked God to forgive me of my sins, I'd never really made a commitment to Him. I'm a very stubborn person, and I always have to have my own way. That stubborn part of me was holding me back from being the girl I knew God wanted me to be.

Well, I prayed the prayer you printed in your article, and I really, truly meant it. Thanks! You've helped change the life of one of your readers.

Amy Ricketts
Ottawa, Kan.

Dear Amy:

YES! That's what it's all about. The whole *Brio* staff is so excited for you. Do

Advice on everything from A to Z...except exploring the Nile.

information" about His plans; instead, we have to step out in faith, trusting Him to take care of us. There are no quick and easy answers.

I believe as you *continue* to seek His will and spend time with Him, He'll make things crystal clear to you.

Dear Susie:

In the July issue of *Brio*, you wrote an article about getting your eyesight corrected with laser surgery. You also mentioned the necessity of having God give us spiritual vision, and you printed a prayer for us to pray.

I've grown up in church, and although I had

asked God to forgive me of my sins, I'd never really made a commitment to Him. I'm a very stubborn person, and I always have to have my own way. That stubborn part of me was holding me back from being the girl I knew God wanted me to be.

Well, I prayed the prayer you printed in your article, and I really, truly meant it. Thanks! You've helped change the life of one of your readers.

Amy Ricketts
Ottawa, Kan.

you realize that right now heaven is throwing a party in your honor to celebrate your new commitment? Keep in touch with us, okay? We want to keep up with how you're growing.

Dear Susie:

I've been told that you either should or shouldn't wear a bra to bed. My mom tells me if I do wear a bra to bed, I could get breast cancer. But my friends are telling me that I should wear a bra to bed so I won't get saggy when I'm older. What's the scoop?

Curious
Lakeside, Ariz.

Dear Curious:

Here's the truth: You will **NOT** get breast cancer from wearing a bra to bed! And wearing a bra all the time will **NOT** keep your breasts from sagging when you get older. Gravity is gravity. As you age, your breast structure will weaken, and gravitational forces will naturally pull your breasts downward a bit.

Relax! Your body needs to breathe at night. Wear your most comfortable PJs and forget about it. *

Got a Question?



Send it to: Dear Susie
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Colorado Springs, CO
80995

And in Canada:
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Vancouver, B.C. V6B 4G3

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1999 Brio Girl Search

20 Semifinalists

From Anchorage to Africa, Baltimore to Bolivia, applications for the 1999 *Brio* Girl flooded our post office box! More than 1,100 of you faithful *Brio* readers took the time and effort to tell us about yourselves, your families, your thoughts on today's youth and your special moments with the Lord. We were so blessed! It was fun getting to know you! Oh, in case you were wondering, hands down, your fave music artists were dc Talk and Rebecca St. James. Plus, your fave family activity was definitely, without a doubt . . . dinnertime!



Omolola

Omolola Alapo, 16, Brooklyn, N.Y.

activities: tennis, Seekers Christian Fellowship vice president, school newspaper, deaf ministry, drama

ambition: journalist/missionary to Colombia

favorite scripture: "Jeremiah 29:11-13. The moment I surrendered my life to Him, He stepped in and took charge!"

favorite family activity: "Vacation! We always draw closer to each other."



Lisa

Lisa Gaytan, 18, Hinton, Alberta

activities: church children's choir leader, drama ministry, home school prayer chain, local food bank

ambition: nurse/missions

favorite scripture: "Hebrews 12:1-3. If I give everything to Him and fix my eyes on Him as the giver of joy, I can run the race with Him."

favorite family activity: "Games night! We have so much fun laughing!"



Candice

Candice Giles, 15, Lancaster, Calif.

activities: drama ministry, Impact Bible Club, school news show, Free 4 All—a monthly youth outreach

ambition: special education teacher

favorite scripture: "Proverbs 3:5-6. I know from these verses that God will straighten the paths of my life."

favorite family activity: "Monday night family devotions!"



Bethany

Bethany Green, 17, Borger, Texas

activities: handbells, basketball, campus Bible study, writing team, Eternally Yours ensemble, grade school basketball coach

ambition: teacher

favorite scripture: "1 Corinthians 2:9. How can I be discouraged or help but praise God when I know that He has such incredible things in store for me?"

favorite family activity: "Camping. We always come home happier, refreshed and very dirty!"



Dena

Dena Gruber, 17, Brooklyn Park, Minn.

activities: youth choir and musicals, preschool Sunday school teacher, tennis, sophomore class cabinet, 30-Hour Famine

ambition: elementary school teacher

favorite scripture: "John 13:34-35. This encourages me to witness by reaching out and loving everyone, and reminds me to love even when I don't feel like it!"

favorite family activity: "Camping. The beauty of nature helps us to realize God's magnificence and creativity!"

From our hearts to yours—all 1,100 of you are *Brio* Girls in our eyes! Lovin' life, lovin' the Lord, lovin' your families, lovin' your friends and lovin' those who don't yet know Jesus! Keep shining for God in your corner of the world! You are our heroes!

The Judges

Andrea, Patti, Stacy, Catherine, Cindy and Ann

Sarah Hooker, 17, Haslett, Mich.

activities: guitar, photography, Bible study, elderly care, National Honors Society

ambition: high school teacher

favorite scripture: "Psalm 51:10. There is nothing else in this world that can even resemble the love relationship that our Father in heaven calls us to!"

favorite family activity: "Eating dinner together. My parents make a point of it."



Sarah

Kathryn House, 17, Morganton, N.C.

activities: missions, Bible study, varsity cross country, wind symphony, backyard Bible club, Acteens

ambition: journalism

favorite scripture: "Ephesians 3:20. It is my greatest comfort to know that the God in Whom my faith is placed will assuredly surpass any desire that I might have."

favorite family activity: "Making home movies on Christmas!"



Kathryn

Stephanie Inks, 18, Riverdale, Ga.

activities: public speaking, mime, missions, working on campaigns, drama club chaplain, Open Door Soup Kitchen

ambition: law and government

favorite scripture: "1 Timothy 4:12. I believe that Paul is trying to beseech us to make a difference while we are still young."

favorite family activity: "Nightly prayer and share time."



Stephanie

Sarah Kitrell, 16, Moorestown, N.J.

activities: high school youth choir, Bible study leader, senior high youth committee, Appalachia Service Project, Urban Promise

ambition: youth/music ministry

favorite scripture: "1 Timothy 4:12. This verse is a model for living a life pleasing to God!"

favorite family activity: "Traveling and spending time as a family."



Sarah

Natalie Lloyd, 17, Oneida, Tenn.

activities: backyard Bible club, Sunday school teacher, editor of youth newspaper, oratorical contests, math club

ambition: elementary education

favorite scripture: "Isaiah 40:11. Even though I don't know what the future holds, I'm secure in Who holds my future. That is such a load off my mind!"

favorite family activity: "Traveling. We play our own version of 'Jeopardy' and 'Name That Tune'!"



Natalie



Jenilee

Jenilee Lott, 15, Glendale, Ariz.

activities: youth group worship leader, Christian Cobra's Bible Club, vocal ensemble, nursing home church service
ambition: photographer/missions
favorite scripture: "Psalm 32:10. I have the assurance of Christ's love always being there to comfort me when I need it."
favorite family activity: "When we pack up and haul off to a distant campsite for the weekend."



Dana

Dana Lupton, 16, Colby, Kan.

activities: Fellowship of Christian Athletes, See You At The Pole, 30-Hour Famine, clown ministry, Bible study co-leader
ambition: Christian freelance writer
favorite scripture: "Philippians 4:13. It reminds me that God can use me to accomplish anything He desires, no matter how inadequate I may be on my own."
favorite family activity: "Snuggling up on the couch in front of our tree on Christmas Eve."



Kristin

Kristin Malliet, 16, Mount Laurel, N.J.

activities: creative writing, senior high ministry team, vacation Bible school, art, letters to the editor
ambition: elementary school teacher
favorite scripture: "Isaiah 40:10. This scripture reminds me that God is a loving God who will strengthen us when we call on Him."
favorite family activity: "Going on trips—especially seeing different historical sights!"



Alicia

Alicia Manning, 16, Tampa, Fla.

activities: varsity swimming, Fellowship of Christian Athletes, Young Life, Sunday school teacher, Habitat for Humanity
ambition: Christian author
favorite scripture: "Mark 10:27. This verse assures us of God's awesome power."
favorite family activity: "Experiencing the wonder of God's creation together and having intimate conversations when we travel."



Bethany

Bethany Maxfield, 15, San Jose, Costa Rica

activities: missions and interpreting for missions teams, writing poetry, sign language, Big Sister Program, children's church teacher
ambition: missions
favorite scripture: "Isaiah 6:8. This verse inspires us to offer ourselves to do whatever Christ has called us to do and to follow Him only."
favorite family activity: "Watching 'I Love Lucy' reruns and eating Chinese food."

The top 20 semifinalists received the following gifts in their prize packages:

Music: ▶ Jars of Clay: *Much Afraid* ▶ Margaret Becker: *Falling Forward*
 ▶ Insyderz: *Skalleluia!* ▶ Seltzer 2 ▶ Nikki Leonti: *Shelter Me*
 ▶ Gotee Records: *SMLXL Music for All Sizes*

Books: ▶ *Rock Your World* by Susie Shellenberger
 ▶ *God Thinks You're Positively Awesome!* by Andrea Stephens

T-shirt: ▶ Facts Are Facts (Truth Clothing)

Amanda Muecke, 17, McKinney, Texas

activities: Acteens, band, crisis pregnancy center, church intern, Bible study
ambition: business administration
favorite scripture: "1 Peter 3:15-16. These verses emphasize that even if I have not been called to serve in Africa, I am still a missionary in my own town and school."
favorite family activity: "Dinner! Every night we go around the table and share with each other what we have done that day."



Amanda

Megumi Nakamura, 16, Ozu-machi, Kumamoto-ken, Japan

activities: languages, speech contests, skating, vacation Bible school, DC/LA '97, Nagano Winter Olympic Evangelism Team, 30-Hour Famine
ambition: psychologist
favorite scripture: "Hebrews 4:15-16. No matter what I am going through, God knows just how I feel."
favorite family activity: "Watching movies while munching on popcorn and laughing together."



Megumi

Lydia Schumacher, 15, Forstell, Mo.

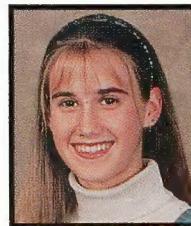
activities: language study, missions to Russia, basketball, youth group leadership team, Inner City Kids Club teacher
ambition: missionary
favorite scripture: "Joshua 1:9. This verse reminds me to keep trying to follow God's will for my life courageously, counting on Him to be with me, and not fearing the rejection from the world."
favorite family activity: "Going out to dinner followed by miniature golfing or go-carting."



Lydia

Kellee Thompson, 15, Burson, Calif.

activities: piano, basketball, church drama team and dance troupe, 30-Hour Famine, Angel Tree Program, homeless shelter ministry, backyard summer camp
ambition: Christian counseling
favorite scripture: "Philippians 4:13. Whether I'm cleaning my room or witnessing to a nonbeliever, I know that Christ will help me through the situation."
favorite family activity: "Camping in tents in Yosemite National Park."



Kellee

Alexa Weber, 14, Freeport, Pa.

activities: professional web designing, graphic arts, missions, writing and directing church Christmas and Easter plays, Compassion International child sponsor, Christian music enthusiast
ambition: art director/Christian music video producer
favorite scripture: "Philippians 3:12-15. I'm reminded to stop looking back and dwelling on the past and start pressing on towards what is ahead."
favorite family activity: "Going to Christian concerts."



Alexa



Cinderella & The Prince Of Peace

Part One of a Three-Part Fiction Series

by Kathryn Springer

Illustrations by Ron Mazellan

It was inevitable. No matter where the Paris sisters went, someone just had to ask *the question*: "What's it like being identical twins?"

It was their response that was different. If Lauren Paris was the one answering, she'd smile shyly and say "It's . . . ah . . . great." If it was Celia Paris, however, her eyes would widen just a bit, like it was the first time she had ever considered the question. Then, she'd look the person right in the eye and say sweetly, "It's like having a piece of broccoli stuck between your front teeth."

In other words, people stared!

Of course, there were people who could tell them apart. Their parents were able to, although it took a few weeks longer for Mr. Paris to figure out who was who than Mrs. Paris. She picked up on their differences rather quickly. With a tiny baby propped against each shoulder, she learned that Celia was the louder of the two. Celia was born five minutes before Lauren and there was something inside her that demanded she be noticed first. While Lauren was content to sleep a lot, Celia rarely slept, as if she was afraid she might miss something important.

These were characteristics the sisters still shared in high school.

The More Things Change, The More They Stay the Same

Rise and shine!"

Lauren groaned and closed her eyes. "Celiaaa!"

"If you don't get up now, you're going to have to eat a bagel in the backseat, dump your books in your locker, run up two flights of stairs and hope that Mr. Blake is in a good mood, 'cause you'll be *late*."

"I smell pancakes."

"Well, you won't get any," Celia said mildly. "I've already eaten, by the way."

Lauren figured she really had. She experimentally opened her eyes again and focused on her sister. After 15 years, it no longer felt strange to be staring at someone who looked exactly like her—well, *almost* like her. They both had rain-straight blond hair and wide-set blue eyes, but the similarities ended just below their ears. Celia was wearing blue jeans, their dad's white shirt and his Snoopy tie. On anyone else, it would have been a fashion disaster, but Celia managed to carry it off.

"Going to the office today?" Lauren muttered.

"Funny." Celia glided toward the door. "Lauren . . . bagel!"

"I'm up, I'm up." ➤

**Meeting up with
royalty sometimes
happens at the most
unexpected times.**



A half an hour later she was rushing up two flights of stairs and gasping for breath.

"Hi, Celia." Someone dashed past her and waved.

Lauren murmured a greeting. *I'm Lauren. See: sweatshirt, blue jeans, tennis shoes.* She had learned from past experience that most people didn't take the time to figure out the little differences between her and her sister.

They had stopped dressing alike when they were 12. Lauren had been crushed. *Celia had her own ideas of style and fashion.* She was a trendsetter with a hand-painted denim jacket and an assortment of hats that fit her moods.

Lauren had tried on the hats one afternoon and couldn't figure out why they didn't look good on her. After all, she and Celia were *identical*, and Celia looked great in hats. *One of life's mysteries*, Lauren had decided with a sigh and never touched Celia's hats again.

"Miss Paris," Mr. Blake glanced up at her as she scurried past. "Nice of you to join us."

Lauren felt her cheeks grow warm and she slipped into her desk, trying to make as little noise as possible as she fished for her World Cultures assignment.

"Just a quick review before our quiz tomorrow." Mr. Blake searched for a piece of chalk. "Who can tell me some of the well-known people who strengthened the idea of equality for women?"

Lauren scanned her notes, but by the time she was ready to answer, all three names she was going to say were already on the board.

"Anyone else? Yes? Miss . . . Winslow?" "Jesus."

There was a sudden silence in the room and then a low ripple of laughter. Lauren glanced back and realized the answer had come from Rebecca Winslow, a new student.

"Would you care to elaborate, Miss Winslow?" Mr. Blake's eyebrows were practically touching above his nose.

"Women had no value in that culture. They couldn't own property and they couldn't get an education. In fact, men wouldn't even talk to women in public. But Jesus reached out to women anyway. There are several instances in the Bible—"

Mr. Blake's hand came up quickly to stop her. "Many would argue that organized religion has hurt the cause of women."

"I didn't say anything about religion," Rebecca said quietly. "I said Jesus."

"What is this, Sunday school?" someone muttered, and several of the

students snickered.

"No, it's not," Mr. Blake said, with a thin smile at Rebecca. "Thank you for your input, Miss Winslow."

Lauren noticed he didn't write *Jesus* on the board. When the bell rang, she snuck another look at Rebecca Winslow. Several of the kids laughed when they walked past her.

A Divine Appointment

At lunchtime, Lauren searched the crowd for her sister and finally found her at one of the corner tables in the cafeteria.

"Hey, you're late!" Celia sang out. "Trish took your seat."

"That's all right," Lauren murmured. "I'll find a place."



I'm surprised at how nervous people are about sharing their faith.

Right next to Rebecca Winslow there was an empty seat. Lauren hesitated, then walked over to her.

"Is this place saved?"

Rebecca glanced up and smiled. "No, go ahead."

Lauren smiled back cautiously.

"You're in my World Cultures class, aren't you?"

"Uh huh." Lauren opened a carton of milk. "You just came to West Side, didn't you?"

"Two weeks ago," Rebecca said.

"Where were you before that?" Lauren asked curiously.

"India."

"No kidding?" Lauren said.

"My parents are—were—missionaries,

but we came back because my grandmother's sick."

"That's tough," Lauren murmured.

Rebecca nodded in agreement.

"It must be hard to start a new school in the middle of the semester," Lauren said.

"Harder than you think! I went to the mission school in India and I wanted to see what high school was like here." She shook her head in disbelief. "Major culture shock."

"I'll bet." Lauren stirred her ketchup with a wilted french fry. "I'm sorry about what happened in World Cultures this morning."

Rebecca looked at her with surprise. "What happened?"

"You know; when you mentioned Jesus."

"Oh, right. The *J word*." Rebecca smiled. "Don't worry about it. I'm surprised at how nervous people are here about sharing their faith. To me, it's kind of like breathing. I don't think about it; I just do it."

"Hmmm." Lauren looked to see if there was an empty chair by Celia yet. Nope.

"I suppose there are people who are going to think I'm some kind of fanatic now," Rebecca sighed. Her eyes held a question, and Lauren fiddled with her fork.

"Maybe."

"It won't be the first time," Rebecca said matter-of-factly.

Lauren could see why. If she talked so freely about Jesus, then no wonder there was an empty seat beside her in the cafeteria. Actually, several empty seats!

"I suppose you know a lot about . . . Jesus." The name was getting easier to say.

"I don't just know about Him. I know Him," Rebecca said firmly.

Lauren suddenly choked on her milk.

"You know the really radical thing, Lauren?" Rebecca leaned closer. "You can know Him, too."

"Hey, we've got a spot open for you now!"

Celia. She was standing right behind them, and Lauren wondered how much she had heard. She was looking at Rebecca like she was a piece of kelp under the science lab microscope.

"Ah, Celia. Um, this is Rebecca Winslow."

"Hi," Rebecca said, looking back and forth between them with wonder. "I never realized."

"It's a big school," Lauren said quickly, seeing that Celia was about to make some sort of sarcastic comment. She pushed everything back on her tray and stood up. "See you tomorrow."

"Sure." Rebecca looked disappointed and Lauren felt a stab of guilt.

Who's in the Light?

To her relief, Celia didn't say anything about Rebecca. The conversation at the table centered on an announcement that Mrs. Evans, the drama coach, had made that morning. This year's musical was going to be "Cinderella," and Celia had been hand-picked to audition for the leading role.

"You should work on the set designs," Celia turned to Lauren suddenly. "They're always looking for help, and you did a great job on the play we did last year."

"Maybe you should try out for Cinderella, too," one of the girls suggested.

Celia laughed. "Lauren? She throws up every time she has to do a speech."

"She's right," Lauren said.

"You could be the understudy."

Lauren shook her head. "No way. I wouldn't even want to take the chance."

"Well, we're a team," Celia said, with a playful nudge to Lauren's shoulder. "I like the limelight and Lauren—"

"—likes a night light," Lauren finished dutifully. It was a joke they had shared for years.

"I'll wait for you after class," Celia said, finishing her soda.

"Okay." Lauren dared to look back to the table where she had been sitting with Rebecca. She wondered what Celia would think of Rebecca's faith. They had never gone to church. In the summer, their parents golfed on Sunday mornings while she and Celia played tennis, then they all went out for brunch. In the winter, well . . . it felt good to sleep in.

"Hi, Celia."

Lauren turned toward the voice almost impatiently and found herself staring into Luke Chandler's brown eyes. Luke was the quarterback for the football team, an honors student and also one of the most popular guys in school.

"I'm Lauren," she said apologetically. Celia was going to be upset! She had been trying to get Luke Chandler to notice her all semester. He didn't date much, although it wasn't for lack of opportunity.

"Oh. Sorry." Luke continued to stare at her. "I bet this happens all the time."

"Not so much anymore," Lauren said. "Celia dresses . . . differently."

He shrugged. "I never noticed."

Lauren was glad Celia hadn't heard that comment. "Well, I better get to class."

"See ya." Luke smiled and walked away in the opposite direction.

There you go, Lauren. Astound the boy with

your amazing wit and sparkling personality! She grinned and couldn't wait to tell Celia that Luke had actually come up to her to say hello. But she'd leave out the part about him not noticing Celia's fashion chic.

Reaching Out

Hey, Lauren! Wait up!"

Lauren glanced behind her and saw Rebecca Winslow. She slowed her pace and waited for her to catch up.

"Hi, Rebecca."

They fell into step together. "I was wondering if you wanted to come over for pizza tomorrow night?"

Lauren hesitated. "I suppose."

"Great. Here's my address and phone number. My mom said your parents could call if they want to. You can come home with me right after school."

"Do you want me to bring Celia?"

"Celia?" Rebecca's smile faded.

Lauren couldn't understand her reaction. "We usually do something together on Friday nights."

"Sure. Go ahead and ask her." Rebecca veered off toward her class. "See you tomorrow!"

Cinderella, Prince Charming and God

You've got to be kidding," Celia said, looking up from her hamburger. "That girl is a case."

"What do you mean? I think she's nice."

"Well count me out," Celia said. "I've got to practice the lines for my audition next week. I thought you'd help me."

"I can help you on Saturday," Lauren offered. "Are you sure?"

"I'm sure," Celia said firmly.

Joanne Thompson joined them suddenly, her face alive with excitement. "I hope you're practicing your lines, Cinderella," she told Celia. "Because I just found out who may be your Prince Charming."

"Who?"

"Luke Chandler!" Joanne's voice came out in a squeak.

"He's never gone out for theater before," someone said skeptically.

"Well, he is now." Joanne stuck to her story. "Maybe he heard who's going to be Cinderella!"

"I don't have the part yet," Celia reminded them.

The conversation turned back to the play and Lauren only half-listened. She couldn't understand Celia's hostility toward Rebecca Winslow. It wasn't like her to not give someone a chance. As far as she knew, they didn't have any classes together, so what had Celia heard?

That night, Lauren brushed her hair and got ready for bed. Celia was already studying the script for the play.

"Celia?"

"Hmmm."

"Do you believe there's a God?"

Celia glanced up and grinned. "Every time I see Luke Chandler."

Lauren threw a pillow at her. "That's not what I meant."

Instead of answering, Celia flung the pillow back and they ended up having a pillow fight until their mother appeared in the doorway, her hands on her hips.

"I know I could pull out your birth certificates to prove that you're 15 years old . . ."

"We're done," Celia said breathlessly.

"Done." Lauren nodded vigorously.

"Good night, girls." She turned out the light.

They were quiet for a few minutes, and then Lauren ducked under the covers. Sure enough, Celia's pillow landed on her head a split second later.

The Real Drama Begins

It was a rare occurrence that the entire Paris family sat down together for supper. But it happened the following Tuesday. Lauren fidgeted with her napkin and Celia hadn't said much since she had come home from a meeting about the musical.

"I have some news," Celia said casually, winking at Lauren as she passed her the mashed potatoes.

"So do I," Lauren said and smiled nervously at her family.

"Celia? You look like you're ready to explode," Mr. Paris said.

"I got the leading part," she announced. "I'm Cinderella!"

No one was really surprised, but because it was now official, everyone could make a fuss. Finally, Celia turned to Lauren.

"You said you had some news . . . what is it?"

Lauren licked her lips. "I just wanted to tell you that . . . I'm a . . . Christian now."

"What were you before?" Celia said with a chuckle.

"I guess I was . . . lost." Lauren said simply. She saw the expressions of concern on her parents' faces, and Celia—Celia was just staring at her like she didn't know her. And suddenly, Lauren wished she hadn't said anything at all.

End of Part One

Kathryn Springer lives in Marinette, Wis., with her husband, Pete, and children, Lindsey, Norah and Reid.

Have you ever found yourself driving along through life, headed toward a destination you've had in mind, only to have God send you down a road you never thought you'd travel? If it hasn't happened to you yet, just wait . . . it's probably only a matter of time.

For two guys from Kansas—one studying microbiology, the other studying for the ministry—the call from God to head in a new direction came a few years ago.

Tim Suttle was working in a pathology lab and was miserable. He finally left his white lab coat behind to do something he loves—write music and play concerts. Rustin Smith, a classical guitarist who aimed to spend his life in a church pulpit, met up with Tim at one of his concerts.

Coincidence? I think not. It's easy to see God had something big in mind here. As Tim and Rustin got to know each other, they decided to collaborate on songs and perform together in coffeehouses and churches in Kansas.

Before long, there were a few road signs from God that gave Tim and Rustin new options to consider. As the two carefully chose their route, they met Tyler Simpson and Ryan Green through mutual friends and formed Satellite Soul in January, 1995.

As for many new bands, the road was a bit rough at first. "We definitely paid our dues that year," Tim says. "Our main philosophy was to do three things: play, play and play. We played over 130 times our first year. We'll probably never keep such a crazy travel schedule again."

But as is now evident, Satellite Soul's intensity paid off. After playing their classic rock sound, highlighting a variety of instruments—such as harmonica, mandolin and hammer dulcimer—for clubs, churches and youth gatherings throughout the Midwest, Satellite Soul signed with Ardent/Forefront and has been climbing the charts ever since.

"I feel my whole drive is to please God *with my life*," Tim says. "God doesn't need another Christian rock band, but He's placed us in Christian music. For some reason, we're here, so we have to be the best we can be."

Rustin continues along that line, "Our ministry is to do excellent work and let our

light shine. We work like crazy and go through the doors God opens."

GRACE NOTES

As the four tour now, they play songs featured on their self-titled debut album. "In terms of our music, we just write about life, like any musician," Tim says. "But our faith is expressed in it as well, because everyone in the band is passionate about God."

Satellite Soul's music takes a look at God's grace and sovereignty while offering a message of hope and deliverance. One of Tim's favorite songs is "Equal to the Fall." He says it defines the band for him.

"The song says, 'There are those who merely listen 'cause they think they cannot sing/There are those who join the music, and they become free,'" Tim says.

"That 'music' in the song is grace," he continues. "A lot of people I know walk around without grace because they don't hear the music. I wrote that song at a pivotal moment in my life. I discovered the grace of God that holds you when nothing else does. My purpose now is to tell others about that grace."

As the band members do their best in each concert to clearly communicate the insights they've gained from both the Bible and life, they recognize that they're a piece of a larger puzzle.

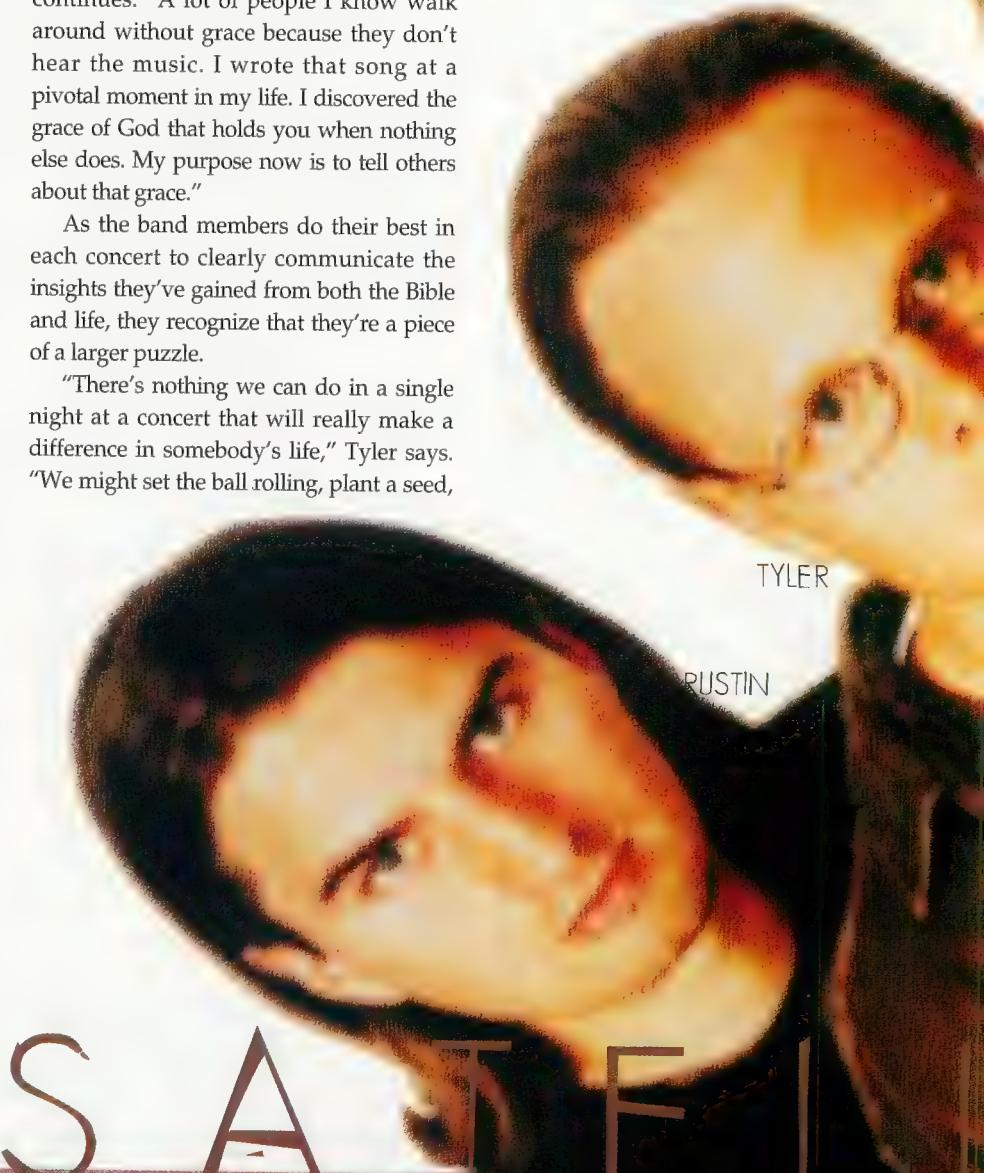
"There's nothing we can do in a single night at a concert that will really make a difference in somebody's life," Tyler says. "We might set the ball rolling, plant a seed,

or knock it over the edge, but people's lives are changed when they're involved in a local body. It happens in a relationship in a local church."

Because of this perspective, Satellite Soul helped start Lakeland Church, a small fellowship in Lee's Summit, Mo., just outside Kansas City. While Satellite Soul members believe Christians grow best through a local church, they also realize they have to meet non-Christians outside the church to tell them about the love of God.

"Either we join in the culture and invest in people's lives and love people like we're supposed to love people, or we don't," Tim says. "And if we don't, we can feel good about our whole lives and yet have done nothing for the Kingdom of God."

At this point in the ride, Tim, Rustin, Tyler and Ryan are doing all they can to



S A T E L



invest in God's kingdom, and they're enjoying the rapid success they've experienced along the way. But they know, too, that God could direct them down a new road at any moment He chooses.

"We've been a band that was never afraid to step out and see what happens," Ryan says. "Our philosophy has always been to work hard and pray a lot—just see where God leads." *

☞ To hear Satellite Soul's sound for yourself, turn to the form in the center of this mag and request their album.

RYAN

TIM

SATELLITE SOUL

Meet the guys behind the music!

by Marty McCormack

by Jill Bracewell



Why buy 'em when
you can design
your very own?

Card Mania!

Hey, Brio Sisses! Last month we got together and made our own greeting cards using rubber stamps and coloring in the images. But did you know we can get even fancier? How would you like to make your own Christmas cards, party invitations, thank-you notes or encouragement cards? The sky's the limit!



Dream Big!

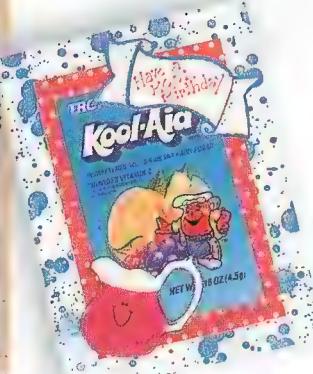
Your cards can be as creative as your imagination. You can get colored card stocks and paper and layer them with double-stick tape. (But that stuff isn't as easy to use as they want you to believe.)

You can also get fancy scissors with varied edges to cut different shapes. Stamp your image on white card stock. Color, cut out and mount on top of colored paper using foam tape.

Even Fancier!

Ever heard of embossing? It's a cool technique in which you use embossing ink and embossing powders. Grab your rubber stamp and stamp your image with the special ink. Sprinkle the embossing powder over the image and shake the excess off. Then pour it back into the bottle. →





REG FRANKLYN

Transform the design with an embossing heat tool. The powder turns solid, and the image rises on the page! Proceed to create your card as usual.



Gettin' the Goods

All of the supplies needed for your card-making hobby can be obtained through home parties, craft stores and rubber stamp stores. Additional supplies can be found at office supply stores and print shops.

The ideas we've shown are just the tip of the iceberg. You can get as simple or involved as you wish. The fun thing about *this* hobby is that it lets *you* be the artist and choose exactly what you want to do. Each card creation is totally up to you! *

Jill Bracewell is a professional stamper and card-maker who lives in Colorado Springs, Colo. Her favorite TV show is "Touched By an Angel."



Better Than Store-Bought

Check your local craft store for glitters and flocking that you can glue on your cards to give them texture and glitz! Have you seen the hole punches available? There are tons of really fun designs that you can punch out of colored paper and glue to your card.



an EATING DISORDER

CAN

EAT

YOU

ACTIVE

MESSING UP THE INTRICATE
INNER WORKINGS OF YOUR
BODY TO ACHIEVE A DESIRED
WEIGHT REALLY ISN'T WORTH
THE HASSLE!

BY SUSIE SHELLENBERGER

b

rio Sisses, I want to introduce you to some special friends of mine. I can't show you their faces, but I can let you inside their hearts. You'll be amazed at their openness and vulnerability. They are committed to being honest with me—and with you—about a battle they're fighting.

Unfortunately, this battle is all too common among teen girls. It's the war of eating disorders. Girls, it can kill you!

Because the *Brio* staff receives so many heartbreaking letters from our Sisses who are struggling with this, we've been wracking our brains trying to figure out how to help. We could give you a bunch of statistics. Or preach at you. Or try to scare you.

But we care about you too much. We decided instead, to visit Remuda Ranch—one of the top treatment centers for eating disorders in North America. We chose Remuda because several of their teen patients are *Brio* girls. »

ILLUSTRATIONS
BY TERRY JULIEN





Because Remuda wants to protect the girls' privacy, we're not allowed to show you any photos of those we talked with—nor can we use their last names. But to give you an insider's view of what the food battle is all about, the girls said you could eavesdrop on our conversation.

Why would they do this? Because they care about you. We *Brio* Sisses are one big family. Please girls, listen carefully.

■ **Brio:** *What are some of the reasons teen girls develop eating disorders?*

Caroline: For me, it's something I can control. I'm 16 years old, and I feel like everything else in my life is being controlled by others. I have a twin sister, and she had an eating disorder when we were in fifth grade. I felt like second-best. I also have to admit that this has been something to get attention as well as control.

Mindy: My eating disorder started because I'd always been known as the perfect little girl who'd never do anything wrong—someone who had no problems. My family was the

IT'S LIKE YOU'RE IN A ROOM AND
THERE'S A WINDOW THAT'S SEPARATING
YOU FROM EVERYBODY ELSE.

YOU'RE THERE
WATCHING,
AND YOU
CAN'T LIVE.

Nestled in the foothills near Wickenburg, Ariz., this Christian organization was founded by Mr. and Mrs. Ward Keller when they realized their own teen daughter was battling an eating disorder.

Marty McCormack, *Brio*'s assistant editor, and I visited the section of Remuda that housed and treated only teen girls. I spoke in their chapel, and a few of the girls agreed to talk openly with us concerning the battle they're fighting.

"perfect family." So this was kind of my way of going, "Ha, Ha! I'm *not* perfect. Look at me! If you think I'm perfect, just look—I'm not!" It was major rebellion on my part.

Shayla: When I was in the third grade, kids called me "fat girl" and teased me relentlessly. So I started feeling ashamed of my body. I'd go home and stand in front of my mirror, telling myself that I wasn't good enough.

My brother and I went through a chunky stage at the same time. But when he entered high school and got involved in sports, he lost weight and got a lot of recognition for it. Since no one was complimenting me on anything, the feeling that I wasn't good enough was multiplied.

I started dieting, lost the weight and finally got the recognition I wanted. I was about 13 years old then, and that's when I slipped into the anorexia part. At this point the doctors were telling me I had to do this and that to gain weight, so I still felt as though I wasn't good enough. So then I slipped into compulsive eating, started getting teased again and became bulimic. I'm 16 now and just want to be well.

Megan: For me, it was perfectionism—trying to be the perfect little girl. I've always been known as the bouncy, friendly girl of the high school, and I felt like I had to live up not only to my expectations and my high standards, but I'm such a people-pleaser that I'd do anything to make people happy.

I felt like I had to have the perfect body to go along with the perfect personality. I'd never show people how I really felt. Even if I was having the worst day, I'd put on that friendly, "I'm okay" mask.

You kind of lose your identity when you have an eating disorder, because when you start getting into recovery, you start seeing how you really are. You become yourself again. When

you're in the eating disorder, it becomes your identity. It becomes who you are. That's why it's hard to give it up when you've had it for so long.

Mindy: Yeah. When I'm back at home, I'm known as "Mindy, the anorexic." That's my identity.

Megan: Whenever I get home, I'm afraid that I'll be seen as "the anorexic coming home," and I don't want to be treated like that, because things are better now. *Life* is better now.

■ *How do others react to you, knowing you have an eating disorder?*

Olivia: We receive so many "get well" cards in the mail. You know, stuff that says, "Get better soon." It's not like we're *ill*. Sometimes they'll say, "It's so sad when people come down with illnesses. It's a good thing yours is curable." But it's much deeper than that.

Mindy: And it really makes you feel a lot of guilt. It's like there are so many people with horrible, untreatable diseases. Then here we are with eating disorders—and it *is* curable—but it's not that easy. It really *is* deeper than that.

Caroline: Yeah. I get letters from friends who say, "I can't wait till you get back and we can go out and eat all three meals."

Mindy: This is my second term at Remuda. When I went home last time, everyone expected me to be all healed and just be the old Mindy. You know what the first thing we did was? Right when I got home, my whole family went out to eat. It was so scary! They expect it to be all gone, and it's not. I'll be fighting this the rest of my life. It's something I have to learn to deal with—but I can definitely fight it.

■ *What's the best way a teen friend can really help?*

Shayla: I think the most important thing friends need to realize is that eating disorders are generally not all about food. It's usually an emotional problem. Somewhere along the line we've thought we've been rejected or hurt, and we think it was our fault. So we want to make ourselves better and perfect. =>

What Is Anorexia?

The diagnostic criteria for anorexia nervosa are:

- Intense fear of gaining weight or becoming fat, even though underweight.
- Dissatisfaction with one's body weight, size or shape. For example, a person claims to "feel fat" even when emaciated or believes that one area of the body is "too fat" even when tremendously underweight.
- In females, absence of at least three consecutive menstrual cycles when otherwise expected to occur.

What Is Bulimia?

The diagnostic criteria for bulimia nervosa are:

- Recurrent episodes of binge eating (rapid consumption of a large amount of food in a limited period of time).
- A feeling of lack of control over eating behavior during the eating binges.
- Regular self-induced vomiting, use of laxatives or diuretics, strict dieting or fasting, or vigorous exercise in order to prevent weight gain.
- An average of two binge episodes a week for at least three months.
- Persistent obsession with body shape and weight.

Symptoms of Eating Disorders

1. Preoccupation with food, weight, calories and body image.
2. Constantly thinking about "feeling fat."
3. Bingeing.
4. Purging.
5. Skipping meals, eating alone and making unusual food choices.
6. Laxative, emetic and/or diuretic abuse.
7. Compulsive exercising.
8. Withdrawal from family or friends.
9. Self-esteem determined by weight.
10. Frequent weigh-ins.
11. Constant eating beyond normal appetite.
12. Denial and defensive behavior about changes in weight, appearance or eating habits.
13. Rapid weight loss.
14. Eliminating meat from the diet.
15. Changes in menstrual cycle.
16. Low body temperature.
17. Malnutrition.
18. Dehydration.
19. Electrolyte imbalances.

Side Effects of Anorexia and Bulimia

1. Damage to the heart.
2. Changes in or loss of menstrual cycle.
3. Erosion of the teeth and gums.
4. Kidney problems.
5. Intestinal ulcers.
6. Constipation.
7. Deteriorating hair and nail quality.
8. Insomnia.
9. Skin rash or dry skin.
10. Memory loss, slowness of thought.
11. Moodiness.
12. Depression.
13. Indecisiveness, lack of concentration.

Shayla: With society the way it is—and even with our peers at school—we tend to think that the perfect body will make us accepted, which means we won't have to feel the hurt. So we fight the food. It may *look* physical, but it's actually an emotional problem.

Caroline: Friends need to realize that it's not, "Let's go get something to eat, and that'll make it all better." Even if we *do* start eating, we still have the whole emotional thing to deal with.

Instead of a friend approaching me with, "Hey, let's go get a chocolate shake!" it would help so much more for that friend to simply come up and hug me.

Mindy: Last time when I got home, people were assuming I was all better and they'd say, "Okay, Mindy! Let's go out and eat!" Sure. I'd go eat with them, but as soon as we ate, I'd just go to the bathroom and throw up.

They thought since I was eating, everything was okay. But I was still hurting so bad inside, and nobody was asking about the hurt. No one really cared about my emotional side, because my physical side appeared to be okay.

Friends who truly listen, and friends who are just there, are really helpful. But I'd want to smack the people who'd come up to me saying, "You've got to get some meat on your bones now!"

Olivia: I think the most important thing a friend can do to help is to simply spend time with us—letting us know they care. We need to know that we don't have to live up to certain expectations. Comments like, "Your hair looks nice," is encouraging and helpful. Not, "Your hair looks nice *today*." That makes me wonder what it looked like *yesterday*!

Megan: A lot of us tend to judge ourselves on our looks and our body, and you know what? We're really cheating ourselves. I'm learning that what's on my insides is so much

more important than what my outside looks like.

But society focuses so much on looks. It's everywhere. Instead of being complimented on what we're wearing or what we look like, it would be so much easier on us if friends would compliment us on a characteristic. For instance, instead of commenting on our jeans, hair or shoes, why not mention friendly, caring or sensitive? That's what's really important.

Mindy: Another thing that helps is just having friends who stick with you. I've had an eating disorder for three years, and I've lost so many friends. I barely have any friends at home anymore.

Caroline: Yeah. It's easy to become isolated. When you lose your friends because you're not doing anything fun with them anymore, you kind of just want to sit at home.

Mindy: All you do is lie around the house thinking about what you're going to eat next or what you're not going to eat and how you're going to burn the calories.

Megan: Even when I was with my friends, mentally I wasn't there. I wouldn't really be interacting with the group. I'd be thinking, *What am I going to order for dinner now that I'm here with 10 girls?*

Or if we were all at a slumber party and they're eating pizza, I'd just be sitting there worrying over what I could eat and not be noticeable.

Mindy: It's like you're sitting in a room and there's a window that's separating you from everybody else. You can see them and touch them, but there's this imaginary wall. You can't level with them because you're not there. It's like you're just watching everybody else.

For so long I felt like I was invisible. You're there watching everyone else, and you can't live.

■ **What are some signals that a friend is in danger?**

Megan: Withdrawal. Even all my friends would say, "Megan, you're just not Megan anymore."

Caroline: Even my sister started telling me I wasn't the same. You act different. Your whole personality changes. You're not as fun as you used to be. You're also not as talkative or interactive with others.

Mindy: Another warning sign is going to the bathroom right after eating. Chances are, we're throwing up what we just ate. Denial is also a sign. Saying, "I've already eaten" is a huge cop out.

We're also very manipulative. Don't assume simply because we're eating and *not* going to the bathroom immediately afterward that everything's okay. I'd be eating with my parents and stuff the food under the table at a restaurant or drop it on the floor.

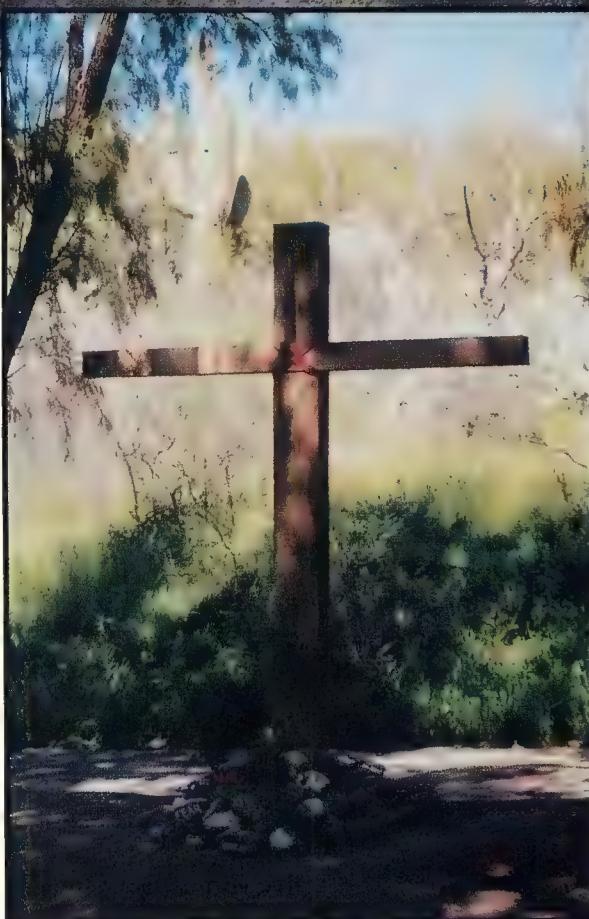
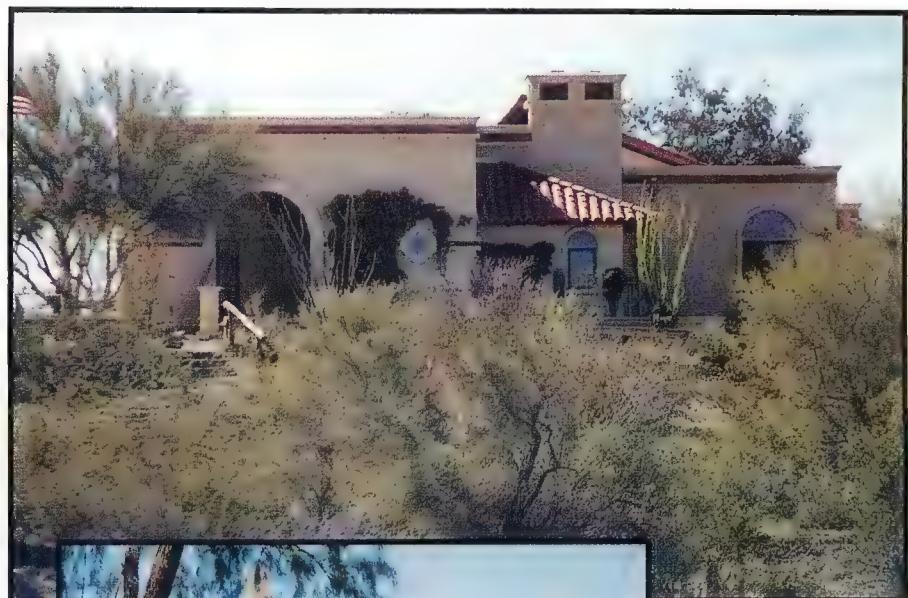
Olivia: Another sign that your friend may have an eating disorder is her bra size will drop.

Shayla: And another thing to watch for is mood swings.

Mindy: Malnutrition really affects your brain. You become very tired and irritable. It's hard to even concentrate. At school, I'd just sit in my desk and stare at the teacher, trying so hard to understand, but I just couldn't do it. I finally had to quit going to school because it was pointless. I couldn't sit still for an hour and a half. I couldn't do my work. I couldn't even *think*. It was horrible!

■ **Talk about the danger of eating disorders.**

Shayla: Eating disorders can be slow suicide or instant death. With anorexics, they can have heart failure when they get to a low enough weight. With bulimics, they can rupture their esophagus when they're purging. That can be instant death. ➤



Residents at Remuda Ranch enjoy secluded surroundings with horses and swimming in Wickenburg, Ariz.

Teen girls place symbols of their fears, obsessions and pain at the foot of the cross.

Issues That May Cause an Eating Disorder

- Low self-esteem, inadequacy, anxiety.
- Definition of self in terms of appearance.
- Actually being overweight.
- Helplessness and need for control.
- Difficulty in managing emotions.
- Social anxiety and lack of social skills.
- Fear of growing up.
- Dysfunctional home life.
- Lack of love or acceptance.

Mindy: It's not only dangerous; it's really selfish. I have a lot of guilt, because for the past three years my brother's been denied so many things he's wanted because half of our money has been devoted to "Mindy in treatment," "Mindy in counseling" and "Mindy's hospital bills."

Right before I went to my first treatment center, he yelled, "Why do you have to be so selfish? Mindy, you're taking all these things that we need just because you're stubborn!"

It really hurt. I'm not a selfish person, but what he said made sense.

I was hospitalized for calcium [deficiency], because I had almost hit rock bottom from purging. I was hooked up to IVs, and the doctors told my parents that I could die. My brother called and said he had gone to the bookstore and picked out a poem to read at my eulogy.

That scared me—but the funny thing is, when you're in an eating disorder so thick, you don't realize how

serious or dangerous or selfish it is. It's easy to rationalize and convince yourself that it's no big deal.

■ *Is counseling always necessary to survive an eating disorder?*

Olivia, Megan, Caroline, Shayla, Mindy: YES! Definitely!

Olivia: But you have to be at the point where you *want* to get well. *

• • •

Again, these are not professionals talking. These are real girls—your age. Your *Brio* Sisses. Because eating disorders are so complex, we decided to use a portion of *Brio* magazine for three consecutive months (November, December and January) to continue our discussion with these girls. So meet us right here next month, and we'll go a little further, okay?

Meanwhile, if you'd like more information on eating disorders, please turn to page 25 to request your copy of this booklet.



Eating Disorders: The Shocking Truth!

- A female who diets before age 14 is eight times more likely to develop an eating disorder than a female who does not.
- Sixty percent of ballerinas and other athletes whose fields require leanness practice disordered eating and dieting.
- Any sport or career that requires thinness or weight control is a setup for disordered eating.
- One of 10 people with an eating disorder is male.
- The average woman today is 5 feet 4 inches tall and weighs 142 pounds. The average model is 5 feet 10 inches tall and weighs 112 pounds.
- One percent of teenage girls and 5 percent of college-age women become anorexic or bulimic.

HOTLINES:

Remuda Ranch Programs for Anorexia and Bulimia

1 E. Apache
Wickenburg, AZ 85390
(800) 445-1900
<http://www.remuda-ranch.com>

Eating Disorders Awareness and Prevention (EDAP)

603 Stewart St., Suite 803
Seattle, WA 98101
(206) 382-3587
<http://members.aol.com/edapinc>

National Association of Anorexia Nervosa and Associated Disorders

P.O. Box 7
Highland Park, IL 60035
(847) 831-3438
<http://members.aol.com/anad20/index.html>

Questions To Ask Yourself or a Friend

1. Are you frightened at the thought of eating situations where you will have to eat a normal meal?
2. Do you have food rituals such as eating food in rigid sequence, keeping foods from touching each other, eating a very limited variety of foods, cutting food into small pieces, and blotting food with napkins to remove fat?
3. Do you feel good or bad according to how much you eat, how much you weigh or how much exercise you get?
4. Does weighing too much make you keep to yourself and feel lonely?
5. Do you spend most of your time thinking about how much food you have eaten or will be eating during the day?
6. Do you use laxatives, vomiting, diet pills, excessive exercise or water pills to help you lose weight or feel in control of your weight?
7. Would you eat more than others if you didn't control yourself?
8. Do you sometimes feel out of control when eating and frequently eat beyond the point of fullness?
9. Are you frequently depressed because you feel overweight?
10. Do you diet or fast (for other than biblical purposes) weekly or monthly?
11. Do you feel that if you could lose weight you could achieve all your other goals?
12. Do you restrict your eating or overeat when you are stressed and feel unhappy?
13. Do you weigh yourself several times a day?



SW PRODUCTIONS

A Is For Apology

How do you react when you know you're wrong?

by Betty Steele Everett

You've really blown it this time, and your best bud's giving you the I-thought-we-were-friends-so-how-could-you-do-this-to-me look every time you cross paths at school. It doesn't help that you know the whole situation's your fault and that you really should beg for her forgiveness. It's just that you wish everyone would forget

the whole thing, let you off the hook and get back to normal.

Well, you're not alone in dreading those humbling words, "I'm sorry." And I'm sorry isn't even as tough to say as "Will you forgive me?" But there are times when we *all* should apologize for something we've said or done. And it's never easy. And *sometimes* we need to go a step further and seek someone's forgiveness.

While nothing beats a sincere, face-to-face "I'm really, truly sorry. Please forgive me," here are some ideas to help make the apology a bit easier for you and more memorable for your friend.

1. Message with a meaning.

Leave an "I'm sorry" note where your friend is sure to find it quickly. Place it on her dresser or bathroom mirror (written in shaving cream!), or stick it in her locker door at school. You could even send your note via e-mail if you're sure your friend habitually checks her in-box on a daily basis.

2. Delivery through a friend.

Ask a mutual friend to pass along your apology . . . and then follow it up with your personal one.

3. Say it loud. If the timing's right, put your apology in your school paper's "Personal" column. Or have it read over the p.a. system. Sign it "You Know Who" so your friend will be the only person to know it's from you.

4. Dial an apology. Leave your apology on your friend's answering machine. Sure, someone else may hear it, too, but why should that bother you?

5. Match your actions with your words. Do something nice and unexpected for your pal, such as offering to clean her room or treating her to ice cream and a movie.

6. Art with a message. Draw a funny picture of you looking sad and have it delivered to your friend before you show up to ask for forgiveness.

7. Be genuine. Give a deserved, sincere compliment.

8. Apology with prayer. Tell your friend that you're asking God to help you be more patient, less critical—or whatever caused the problem. Ask her to pray for you, too. It's hard to stay mad at anyone who asks you to pray for them!

9. Extend your hand. Invite your friend to a special event at church.

10. Deliver it with taste!

Have a pizza (or your bud's absolute favorite food) delivered at school just before lunch. Ask the delivery person to tell your friend whom it's from, and you take it from there. You might even end up with a big slice of pepperoni-mushroom pizza! *

Betty Steele Everett lives in Defiance, Ohio.



Check It Out

i spent a lot of time in my high-school library, although I *did* find its selection of pop-up books rather limited. Its classics collection was a little on the thin side as well. It was a small library and every time I needed to do a book report on some great work of literature, I had a difficult time finding a copy of the book.

I tried explaining that to my English teacher, Miss Martin, but she wouldn't buy it. It was the truth, though. I enjoyed reading and really wanted to do my book report. In fact, I would have done *several* book reports, but I just couldn't find the right book. Here are a few of the classics I desperately tried to locate:

Gone With the Wind

by Dorothy and Toto

Star Wars

by Bruce Willis and Demi Moore

Hamlet

by Babe

The Old Man and the Sea

by Noah

20,000 Leagues Under the Sea

by Noah's Neighbors

Journey to the Center of the Earth

by A Really Bad Travel Agent

Legend of Sleepy Hollow

by The Students in First Period

Algebra Class

The Postman Always Rings Twice

by The Makers of Dr. Benjamin's Ear

Wax Removal

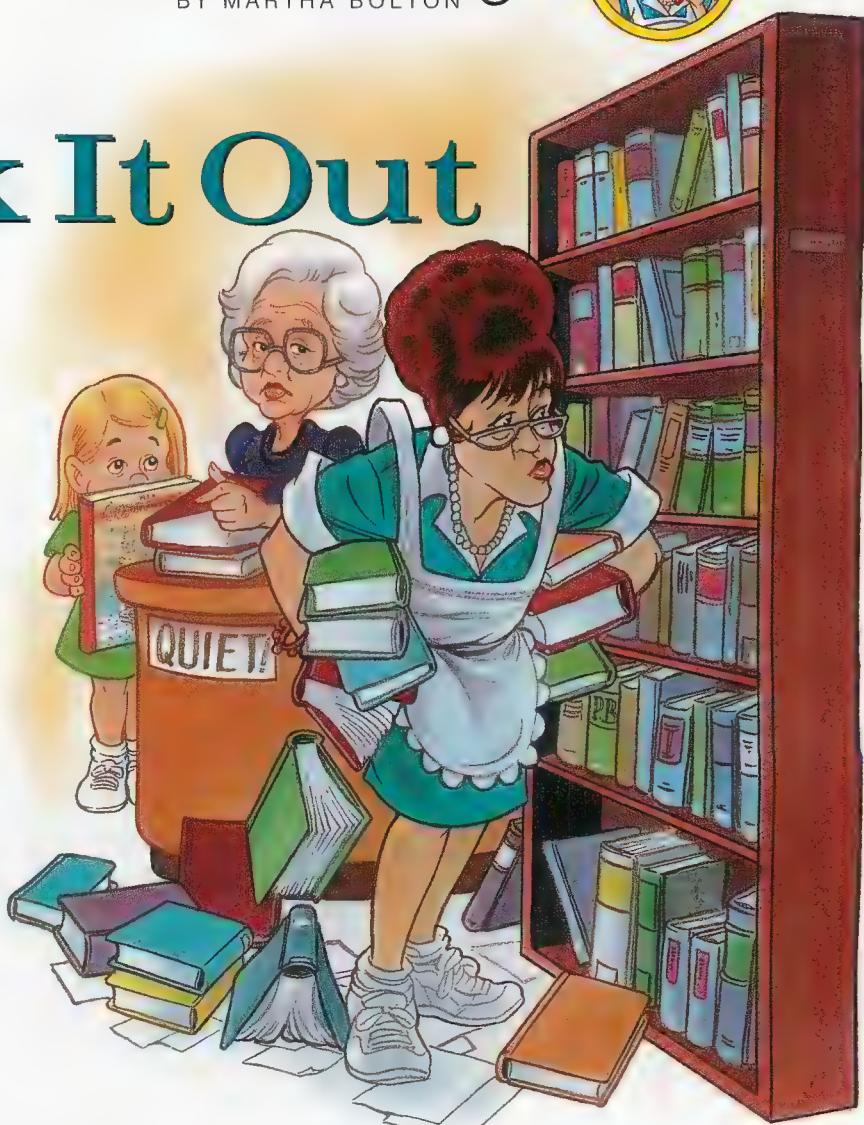
Batman

by Tommy Lasorda

Profiles in Courage

by The Cafeteria Lady's Dinner Guests

Sometimes I wouldn't know the author's name and had to try to locate the



book using just the title and subtitle. I didn't have much luck here either. Some of the books I tried to find were:

The Scarlet Letter

How to Avoid Paper Cuts While Writing Correspondence

Little Women

Otherwise Known As "Honey, I Shrunk the Ladies' Room"

Grapes of Wrath

How to Know When Your Fruit Juice Has Passed Its Freshness Date

All's Quiet on the Western Front

... But They're Sure Partying on the Eastern Front

War and Peace . . . War and Peace

. . . War and Peace

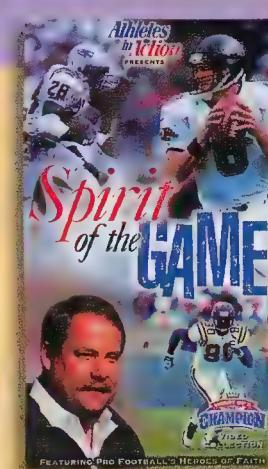
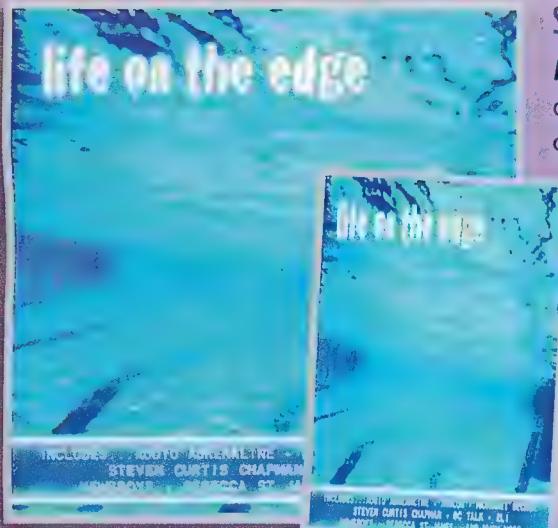
The Memoirs of Saddam Hussein

The Jungle

A Pictorial Guide Through My Closet

It's been a long time since I first began my search for these books, but I haven't given up yet. If you'd like to help me in my quest, please check your local library for any of the above mentioned titles, then write to me in care of Brio and let me know. It means a lot to me. Miss Martin is still waiting for my book report, and believe me, after more than 20 years, there's not a whole lot left to do in detention. *

Martha Bolton has written quite a few books of her own! Flip to the envelope to request your copy of Cafeteria Lady on the Loose. Martha lives in Brentwood, Tenn., with her husband and three sons.



STRIVING BEYOND A SUPERBOWL RING... TOWARD A HEAVENLY CROWN

Angels aren't just in the outfield—they're in the end-zones, too! Get in the **Spirit of the Game** with

Athletes in Action's new video featuring Emmitt Smith, Reggie White, Curtis Martin, Joe Gibbs, Steve Largent and a ton (literally!) of your other football heroes. Through inspirational stories and straight-to-the-heart interviews, observe firsthand how their beliefs have helped these "Heroes of the Faith" become overcomers, leaders and role models that make them great at the game of football, but even better in the game of life. Approx. 30 mins.

Spirit of the Game

Suggested donation: \$20
(\$28 in Canada)* VI217

**TO REQUEST ANY OF THIS STUFF,
PLEASE SEE THE ENVELOPE INSIDE THIS ISSUE
OR CALL 1-800-A-FAMILY.
IN CANADA CALL 1-800-661-9800.**

*For U.S. donors, the Internal Revenue Code allows you to deduct the amount you give to Focus on the Family that goes beyond the value of materials we send you. To help you determine the tax-deductible portion of your gift, we'll show on your receipt the fair market value along with the total gift amount. Receipts for Canadian donors are issued in accordance with Canadian law.

SING SOME SOUL INTO YOUR SPIRIT

Life on the Edge has never been more exciting! No, we're not talking about precarious skateboarding moves or daring fashion trends. Your fave artists are singing out loud and clear about living a life passionate for God! This upbeat, in-your-face album will challenge you to be real, righteous—even risky at times—as you seek to deepen this awesome, above-all relationship with Jesus. Inspired by the conference of the same name, this collection includes hot Christian music selections by Newsboys, Rebecca St. James, Big Tent Revival, Audio Adrenaline, Geoff Moore and many others. It's a cool mix that will keep you hoppin' to the beat and holdin' on to the Lord. (Bonus: compact disc is enhanced with the complete NIV Bible!)

Life on the Edge (cassette)

Suggested donation: \$11
(\$16 in Canada)* AL372

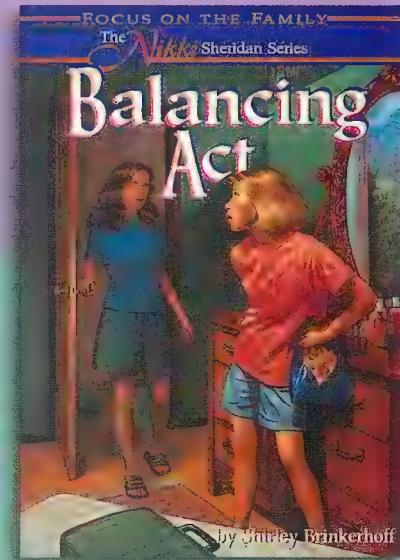
Life on the Edge (enhanced compact disc)

Suggested donation: \$17
(\$24 in Canada)* AL373

A THIN LINE BETWEEN DIETS AND DANGER

Nikki Sheridan is ready for the vacation of her life, especially since it includes her good friend Carly. But the fun is quickly soured as Nikki finds herself in an unsteady **Balancing Act**.

Finding evidence that her pal has an eating disorder, Nikki not only needs to help her friend from impending disaster, but also deal with her own feelings of insecurity and imperfection. Once again, you'll enjoy learning together with Nikki—this time about accepting and appreciating ourselves as God created us to be.



Balancing Act

("Nikki Sheridan" series #4)

Suggested donation: \$6
(\$9 in Canada)* BL024



With 20 to 40 percent of today's young women struggling with an eating disorder, it's time we looked beyond the skinny stars on the movie screen to expose the frightening reality of this not-so-glamorous illness. Whether you want to help a friend who may be dabbling in it, or wrestling with the affliction yourself, find out the facts in the booklet **Beyond Appearances: The Truth About Eating Disorders**.

Beyond Appearances: The Truth About Eating Disorders

Suggested donation: \$1.25 (\$1.75 in Canada)* YC027



LIMA

Like an army they came. Determined. Excited. Giggly. (Well, after all, they were a *girls'* army!) Nonstop talking. With too much luggage. And bazillions of questions.

They came from Peru. New Zealand. Mexico. Canada. And the United States. They were on a mission. They had a goal—to invade the country of Costa Rica with the gospel and lead people into a personal, growing relationship with the Creator of the universe.

Their strategy? Drama. Music. One-on-one outreach. Into the public schools. Neighborhoods. Orphanages. Parks. Wherever there were people, the army showed up.

Two hundred *Brio* girls.

Ages 11 to 20.

Some were experienced and had been on previous missions trips before. Some had never even been to church camp or flown on a plane.

But amidst all the differences, a unique bond surfaced. "Because of the



PHOTOGRAPHY BY GAYLON WAMPLER

AS SOON AS



**CAN GIRLS
MAKE A
DIFFERENCE?
HERE ARE
200 WHO
DEFINITELY
DID! AND
GUESS WHAT!
YOU CAN,
TOO!**

**Watch out, Costa Rica—
the *Brio* army has arrived!**



commonality we shared through *Brio* magazine, becoming friends with each other was immediate," Kelsea Carter, from Paso Robles, Calif., says. "Here we were—a bunch of *Brio* Sisses all serving the same God and united in purpose."

AN ARMY IS BORN

The formation of this special army actually began a year ago. "I'd never been on a missions trip before," Hannah Greenfield, from Irmo, S.C., says. "I just read the announcement in *Brio* and something touched my heart. I really wanted to help others and get a feel for missions firsthand."

Hundreds of other *Brio* Sisses felt the same way, because after the announcement was made in *Brio*, the applications began pouring in, and the army began to take shape.

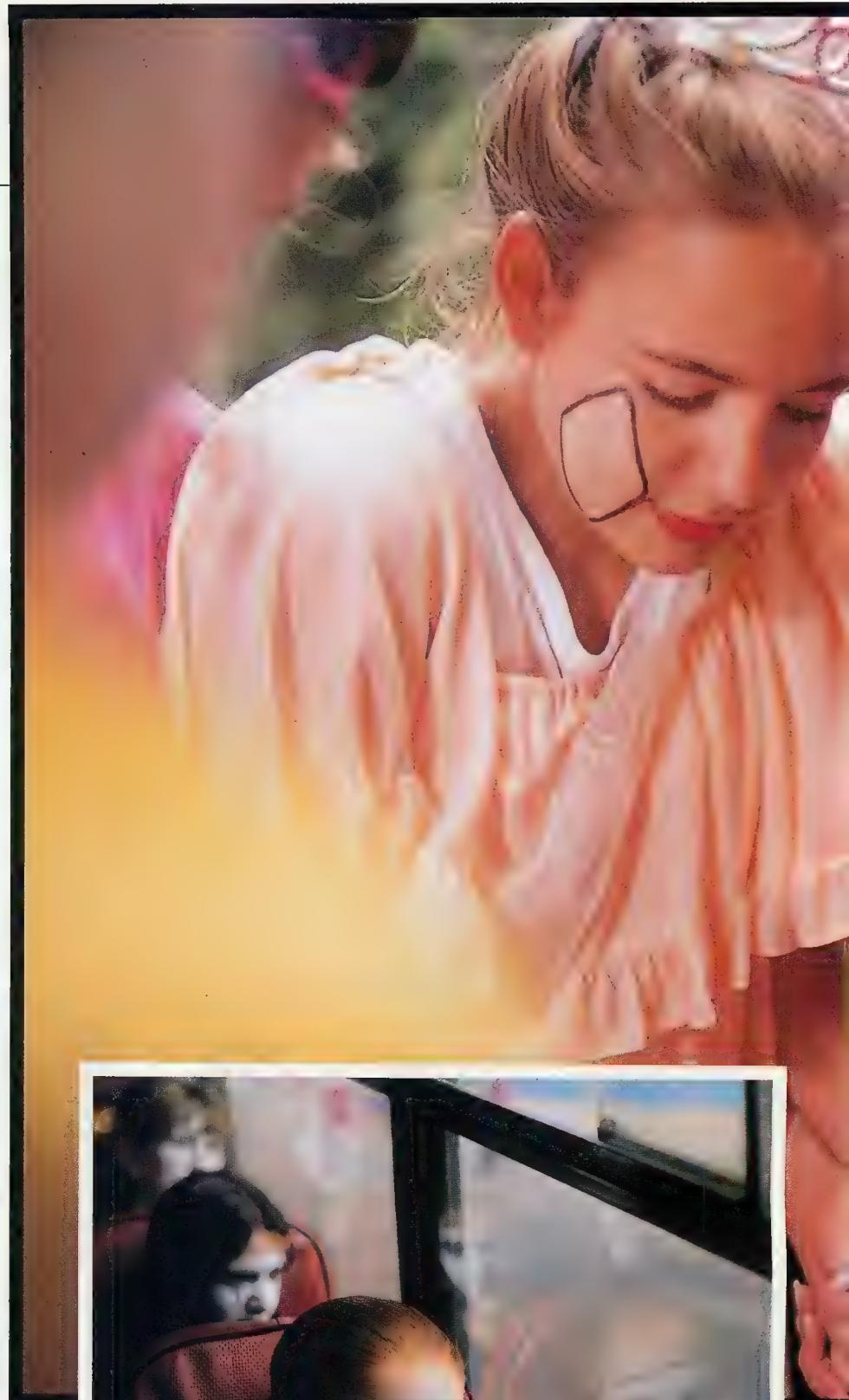
Brio recruited Big World Ventures—a missions organization out of Tulsa, Okla., that plans international trips for large groups of people—to pull together the details. They equipped the *Brio* army with fund-raising ideas and other important info that would turn the dream into solid reality.

BOOT CAMP

The *Brio* army arrived in Miami on June 11 for three days of intensive training. "We learned this incredible 20-minute evangelistic drama," Kristen Hiller, from Cumberland, R.I., recalls. "The whole thing was pantomimed and set to music and narration, so we didn't have to worry about learning a foreign language.

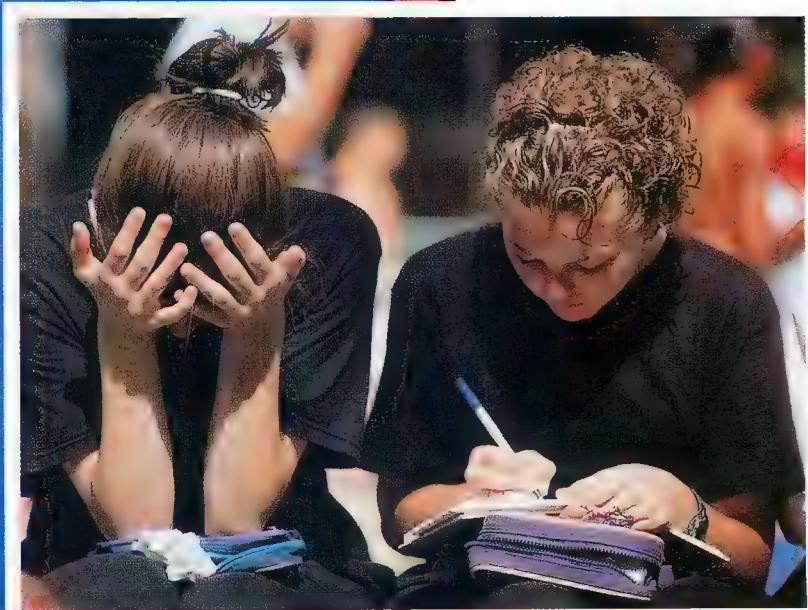
"The drama was called 'Spellbound.' It's a completely mobile, yet complex, production. I mean, we had a lot to learn—face-painting, choreography, etc.—but I was amazed at how fast it came together," she says.

Boot camp was packed. *Brio* girls gathered for breakfast at 7 a.m., met with their teams at 8, and congregated for devotions at 9. "Our devotional times were incredible," Erin Kinnen, from Canton, N.Y., says. "One of the Big World staff





Girls from around the world join together with a common purpose—to share the gospel of Christ, be challenged in their personal faith and relationship with Him and experience an adventure of a lifetime!



"This trip has given me lifetime friends. I'm still getting cards and e-mails from girls all over the place!" —Hannah Greenfield, Irmo, S.C.



members, Andre Gonzales, led us in praise and worship. It was so cool to be with 200 other girls all praising God. It was amazing."

Those morning and evening devotional services had a special name: FUAGNEM (**Fired Up And Going Nuts Every Minute!**). Besides some great singing, T-shirts, books, CDs and a lot of other prizes were given away each evening before *Brio* editor Susie Shellenberger taught from the Bible.

Susie wasn't the only teacher. Other adult leaders and *Brio* girls also shared lessons learned from God's Word. It was tremendous. Overwhelming. Extraordinary. Superlative.

You could say those *Brio* girls had revival.

Being broken before God. Humbling themselves. Deepening their commitment. Allowing Him to broaden their vision. Feeling His passion for lost souls and making it their own.

UP, UP AND AWAY

Taking an army of 200-plus to a foreign country requires some strategic planning. So the army got its own airplane. *Brio* chartered a flight from Miami to San Jose, Costa Rica, and the girls arrived in their new home for the next 11 days on June 14.

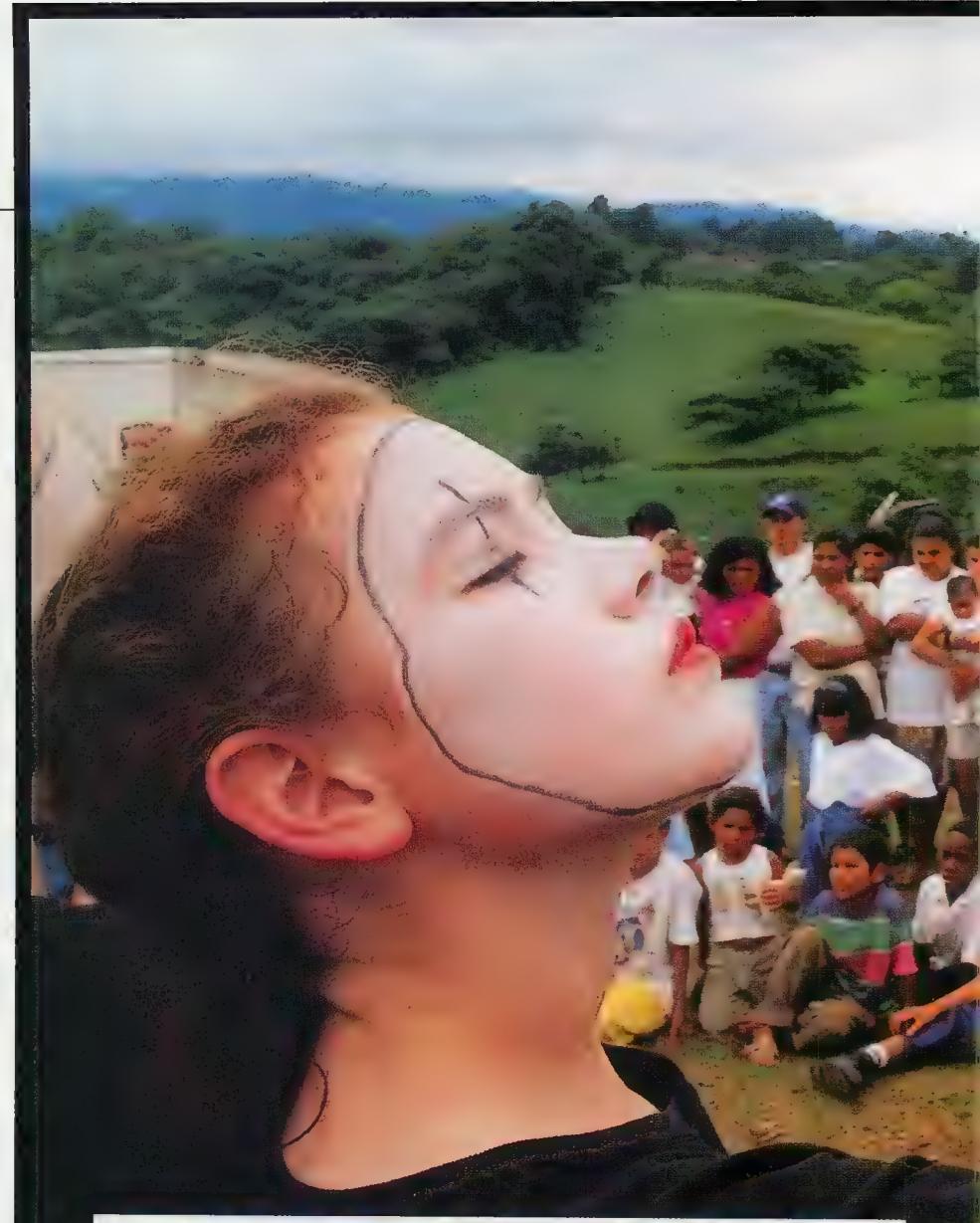
The *Brio* army was divided into seven teams, and during the days they saturated the capital city with ministry through drama. God blessed their efforts. Thousands of Costa Ricans came to know the Lord.

"Our team alone saw more than a thousand people give their lives to Jesus Christ," *Brio* beauty editor Andrea Stephens says.

"The highlight of the trip was seeing all those people come to know the Lord," Hannah says. "It was unbelievable!"

The *Brio* army continued to have evening FUAGNEMs—only in Costa Rica, they decided to invite all the *Brio* girls who were serving God through missions there to join them.

"These MKs were really special," Lindy





Day after day, each girl put on her costume, painted her face and presented the gospel through drama to crowds of adults, youth and children.



"I'd never been on a missions trip before.

I was kind of scared—

didn't really know what to expect. But being with all these Bio girls really calmed me. It was like we had this immediate sisterhood.

I'll never forget how so many people reacted to the gospel.

It was cool being so involved in total ministry." — Laura Davis, Apple Valley, Minn.



Morgan, from Greeley, Colo., says. "They became a part of us. They were also a tremendous help in translating when we tried to speak with some of the nationals."

Contemporary Christian artist Greg Long rearranged his schedule to meet up with the *Brio* army in Costa Rica. He spent two nights singing and sharing from his heart during FUAGNEMs. "Basically, he was a big bro to us," Kersta Johnson, from Carmel, Ind., says. "He was so real. So open. It was raw ministry. He just loved us and gave and gave and gave."

WE'RE HAVIN' A BLAST!

The *Brio* army also took some time to go shopping, whitewater rafting and swimming and to visit an inactive volcano. And when they left? At the end of two weeks, the resounding comment from the army was, "Wow! We'll never be the same! We can't even put what happened into words. But, WOW!"

WANNA JOIN THE BRIOS ARMY?

The story doesn't end here. Actually, this is kind of the beginning. *Brio* is recruiting a brand-new army to invade Brazil next summer. Who will be on such a team? Here's a sneak peek at what those soldiers will look like. They are girls who

- love Jesus and are excited about serving Him.
- want adventure.
- yearn to get out of their comfort zone.
- want to see people make a personal commitment to Jesus Christ.
- dare to take a stand.
- desire a life-changing experience.

Are you a soldier? Would you like to join *Brio*'s army for Brazil? Well . . . do you fit the above definition? There's only one way to find out—PRAY!

Wanna see the '98 *Brio* army in action? Are you unsure what a missions trip is all about? **You can borrow our video for \$5 (for postage). You'll have one week to view it and return it. Write *Brio* Missions, P.O. Box 16106, Colorado Springs, CO 80935-9809.** *



During FUAGNEM there's great worship (above) and special sharing and devotions from people such as musician Greg Long (right).

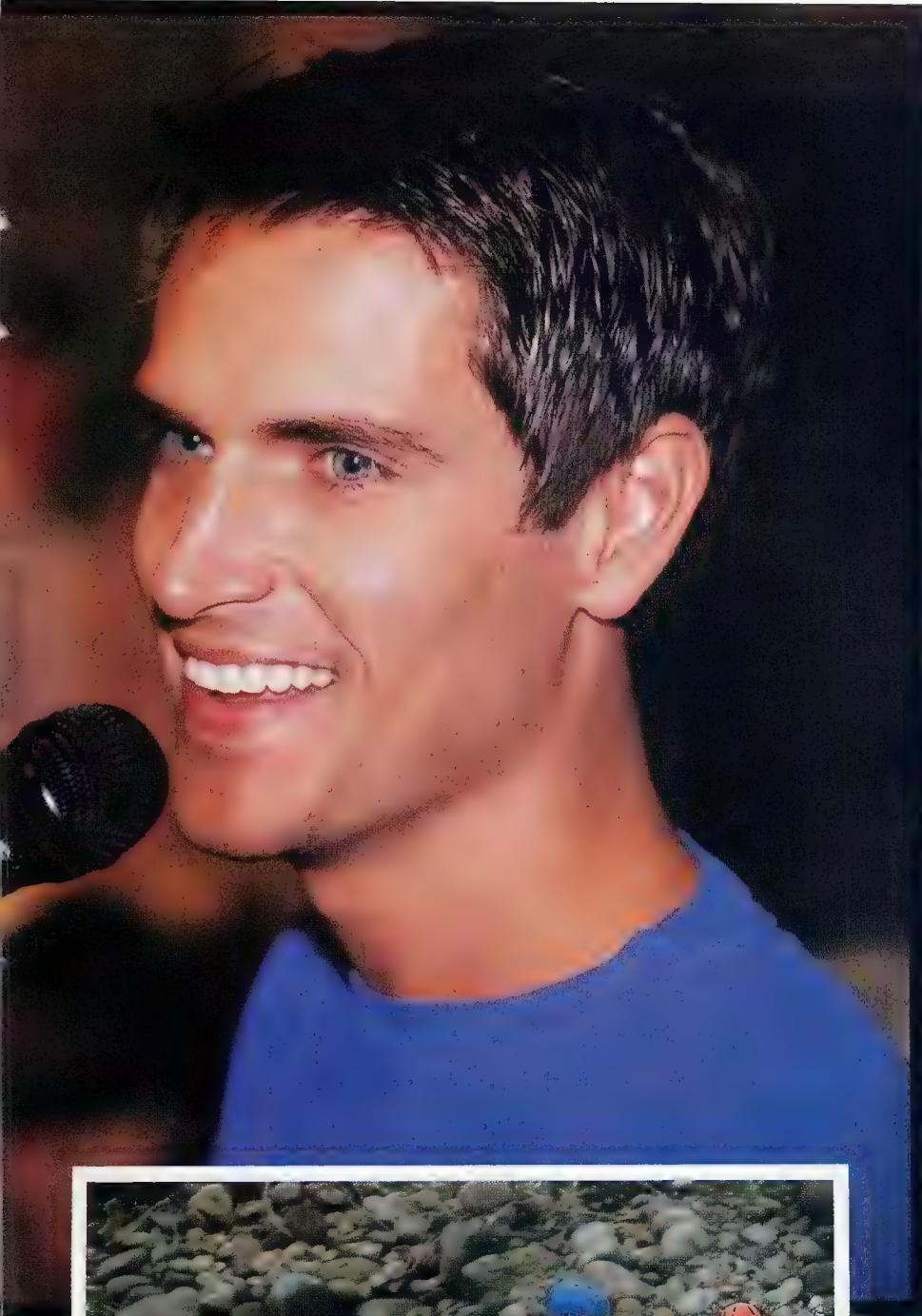
And after much ministry, there's even time for more fun—a wild day of whitewater rafting (below).

"I'm not sure yet if God is leading me into missions, but I definitely know He wanted me to go on the trip." —Lena Brisben, Charlotte, Ind.



ONE MORE THING . . .

Seventeen-year-old Annie Crawford ended up bringing in \$1,000 *more* than the trip cost. Though she *could* have spent the money on herself, she GAVE it to a Costa Rican church involved in a building project!



FROM THE EDITOR:

In last month's issue of *Brio*, I shared my Brazil scrapbook with you. I also told you about the street children, the dump site and the Compassion projects that give hope to lost children. If you didn't receive that issue, please call 1-800-A-FAMILY and ask for the October 1998 issue of *Brio*.

THE TIME IS NOW!

This trip will fill up fast. After you've prayed about the possibility of joining the *Brio* army to Brazil, and after you've talked with your folks about it, write immediately for an application. Here's the scoop:

Dates: June 11 to 25, 1999

Boot Camp: Embassy Suites Hotel, Miami (June 11 to 13)

Cost: \$1,998 U.S. Includes everything except passport, visa and transportation to and from Miami.

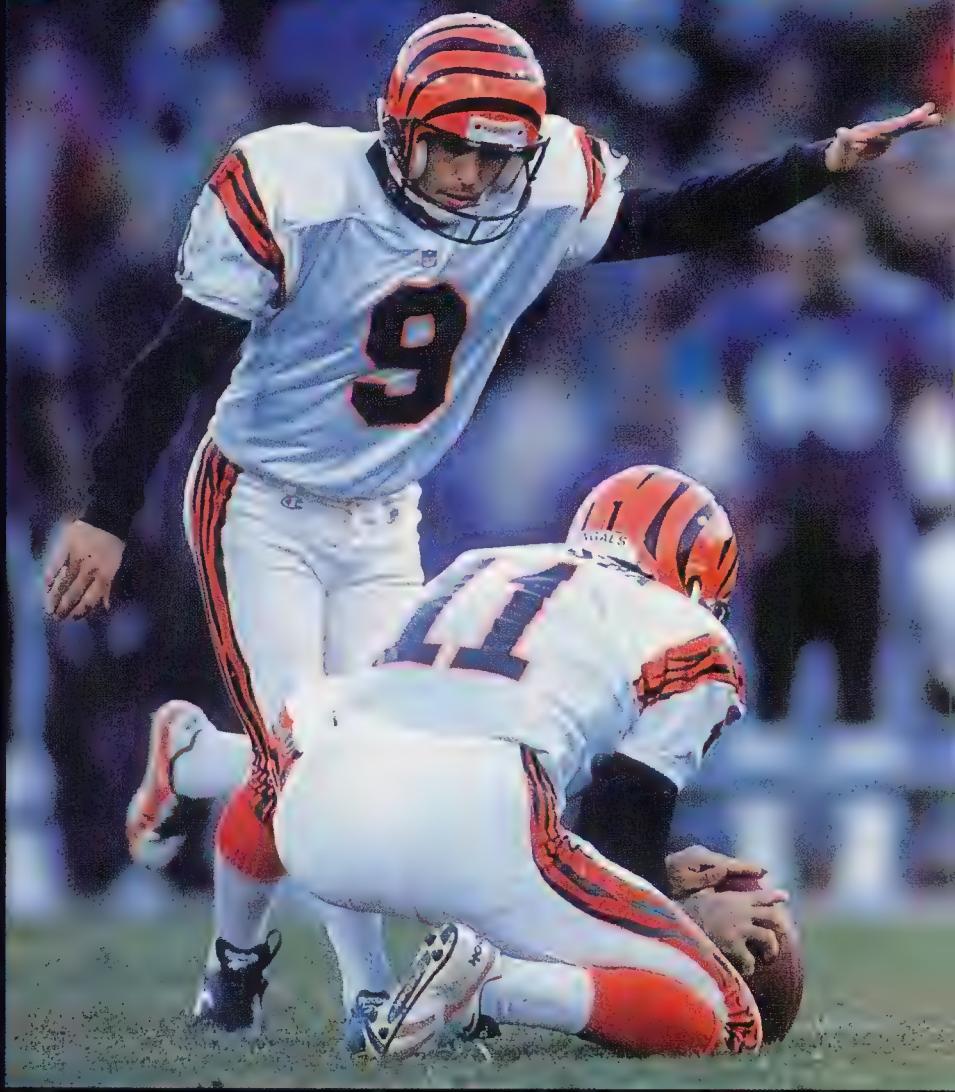
Deadline: Your application must be received no later than January 8, 1999. (But if you're thinking you might want to ask for financial help as a Christmas gift, send for your application NOW and we'll get back with you before Christmas!)

Application fee: \$39 U.S. Includes the information book you'll receive from Big World Ventures, filled with money-raising ideas, info on getting a passport, preparation for the trip, etc. AND your *Brio* missions T-shirt. This fee is refundable only if you're not selected. If you're chosen to participate and you decide not to go, it's nonrefundable.

To get your application packet, write: *Brio* Missions, P.O. Box 16106, Colorado Springs, CO 80935-9809.

Following
football
helps you
understand
Christian life,
guys, and
dating?
"Absolutely."
Cincinnati
Bengals kicker
Doug Pelfrey
says.

FOOTBALL



Are bowl games played at Tupperware parties? Are zebras found only in zoos? Are draft picks military choices? When someone shouts, "First down!" do you hit the deck? Or do you take cover when your brother hollers, "He threw a bomb!"?

If you answered yes to any of the above questions, it's probably fair to say football isn't your game. While you may be befuddled by huddles right now,

Cincinnati Bengals kicker Doug Pelfrey believes there are rewards for all *Brio* girls who learn a few things about the game of football. So keep reading, girls; Doug's got the ball and has a few bits of truth he'd like to pass on to *you*!

FOOTBALL AND JESUS?

"Football's a lot like your Christian life," Doug says. "God's the coach. Your team's the body of believers. The Bible's a sort of playbook which specifies goals

by
Linda Wakefield Kelley

ANALOGIES



ALLSPORT/DOUG PENSINGER



Doug Pelfrey

and outlines a game plan."

• **Goals.** In his own life, Doug's met a personal goal by carrying out his desire to serve others. He founded Kicks for Kids, a nonprofit organization which benefits underprivileged and handicapped kids. "I'm especially proud of this achievement," Doug says, "because the program will continue to help kids long after I've quit football."

Doug's career goal is to continue as a professional kicker for 10 to 15 years.

He's earned the distinction of being one of the most accurate kickers in the NFL. "I'd like to still be this accurate in my 15th year," he says. "I want to set the pace for everyone else."

"In football, making touchdowns and first downs are the goals, with the defense primed to stop you. And in life, serving others and spreading the gospel are your goals, with that cunning Satan attempting to block your efforts," Doug says.

• **The Game Plan.** In addition to goals,

teams have a game plan that lists their potential plays in certain situations. The coach selects from his options and sends his choice to the quarterback. The quarterback relays the play to his teammates in the huddle.

"Sometimes the call is to be fancy and throw the ball," Doug says. "Other times it's to get down and dirty and run over the other team. Just like life. When you're confronted with pressures, you can either run around them or you can face them head on."

Doug believes going to church helps you decide which approach to

take. "Church is like your huddle," he says. "That's where you meet with your team and plan your plays. Then you go out during the week and run those plays, returning to the huddle to discuss what did or didn't work."

Doug's game plan is to always be in a position to win. He values upholding standards in his life that maintain a good witness for Christ. "When I'm on the road," he says, "I'm not going out with a bunch of guys to a bar or hanging around a lot of women."

OUTMUSCLE, OUTHUSTLE AND OUTSMART YOUR OPPONENT

Professional athletes must stay in top shape. "If you neglect your workout, your game will suffer," Doug says. Ditto for Christians. When you stop reading the Bible or praying, you're more *likely* to be outmuscled by the enemy.

"I'm not a reader," Doug confesses. "But last year I read the Bible cover to cover. And this year I'm doing it again because I learned so much the last time."

POSTGAME SHOW

Doug Pelfrey—up close and personal

Best dating advice: Don't seriously date someone you wouldn't marry.

Ideal vacation: A week in Hawaii.

Worst date: The 1992 NCAA Tournament—Duke vs. Kentucky.

We're Kentucky fans. Carla's not really into sports, but this was an exciting game and she's wigging out. It was neat to see her so pumped up. Kentucky scored with a few seconds to go and the place went wild until Christian Laettner dropped a buzzer beater. We went out to eat afterwards and couldn't talk. We were so upset—about the game and the fact that it was ruining our evening.

About girls calling guys: Girls used to call me, but I didn't like to talk on the phone. My advice is to keep a little mystery.

Favorite date: Eating out. That's why I married Carla. She likes to eat. She's not one of these "I'll-just-have-a-salad" girls.

Favorite food: My wife's meat loaf or strawberry pretzel pie.

JOCK TALK

Learning the game of football begins with understanding the terminology.

Draft This is how college players are picked by the pros, not the stream of air Grandma feels on a cool night.

Pooch Punt A short, high kick designed to lob the ball (not your poodle) near the 10-yard line.

Zebras The officials in the striped shirts, not those black-and-white horses.

Bomb A very long pass, not what your brother accidentally makes with his chemistry set.

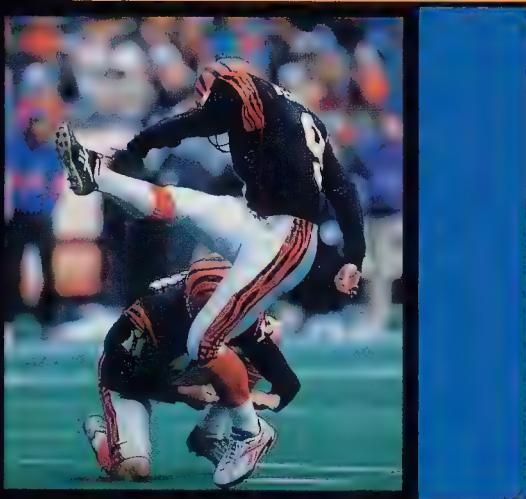
Sack When the quarterback is tackled while he's trying to pass, not that rumpled thing you fall into at night.

First Down Occurs when a team moves forward 10 yards within four plays, not a vertical column in a crossword puzzle.

Doug regularly attends church and is involved in several small groups. He and his wife join other couples from church once a month for dinner on the town. He also meets in a weekly Bible study. Doug believes all of this fellowship helps strengthen his Christian commitment.

"In football the other team is constantly trying to bait you," Doug says. "Sometimes the defensive back will act like he's playing a zone defense to cover the fact he's really playing man-to-man. The quarterback may be fooled into throwing the ball to the defense's strength rather than its weakness."

"Doesn't Satan do the same?" Doug asks. "He tries to make you think things



confidence are at the center of the relationship.

• **Communication.** Doug first saw his wife, Carla, at a Fellowship of Christian Athletes event. She was dating a baseball player at the time. When they broke up, Doug decided to give Carla a call. Since it was the middle of finals week, Carla didn't call him back. Doug laughs as he says, "Being an athlete I wasn't worried about tests. I took her rejection personally."

Half-jokingly, he adds, "Communication was a problem from the get-go. For our first date I asked Carla to see the latest blockbuster, even though I'd already seen it. Turns out she'd seen it too, but was too polite to tell me. Halfway through the movie I said, 'Watch this.' She laughed and said, 'You've seen this, too?'"

• **Commitment.** One of the biggest lessons Doug's learned from marriage is that a relationship takes commitment. "Just as I have to be committed to my teammates in football, my wife and I are a team working together toward a common goal, too," he says.

Doug admits the first couple years of marriage were difficult for him and his wife. "We both were used to getting our own way," he says. "It wasn't until we put God first and began to mature in our faith that our relationship blossomed."

• **Confidence.** Doug deeply admires his wife's ability to just be herself. "It's sad to see so many people try to 'make up,'" he says. "They make themselves look or act like something they're not just to get attention."

"I see too many girls dress a certain way or go out with the wrong guys just to get with the 'in crowd,'" Doug adds. "If they'd be confident in what God's given them and use it to further His Kingdom, they'd be admired by those who count."

"The key to having confidence is to be in Scripture," Doug says. "It's just like football. All your off-season conditioning is designed to build a strong base so you're in top-notch condition for the season. The same is true with dating. When you know what the Bible says, you don't have to conform to someone else's standard. You have the confidence of knowing God's standard is the only one." *

Linda Wakefield Kelley lives in Cincinnati and loves to read Little Women by Louisa May Alcott.

What's Your DQ?

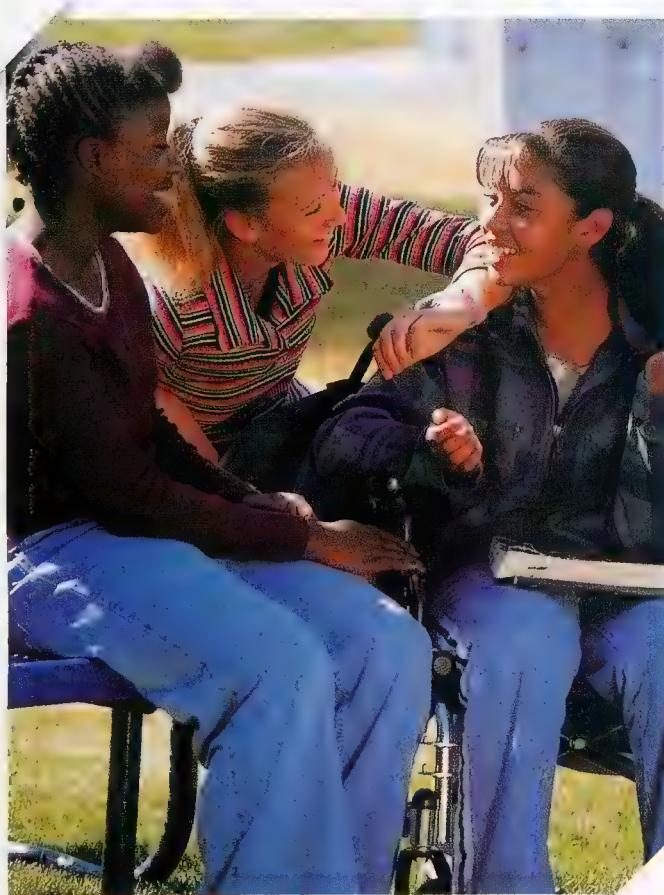
Find out how well you reach out to people who are different from you.

by Anne Willman

They're all around you—in schools, concerts, restaurants and youth groups. Maybe you're one yourself.

Some you pick out at first glance. Others you have to observe a while. A few blend in so well you might never notice.

Who are they? The disabled. How well do you relate to them? Take the following quiz to size up your DQ: Disability Quotient.



1. Approaching the corner across from the library, you see a blind teen with a guide dog. She looks confused. You

a. grab her arm and start guiding her into the crosswalk. She probably intends to go to the library.

b. ask, "Do you need help?"
c. reach down to pet her Black Lab. You can't resist a furry head.

2. A guy with metal crutches limps up to the concession stand where you're working. His words are so slurred you can't make out his order. You

a. get him popcorn and a soft drink. He's obviously got some disease that affects his speech, as well as his walk. He won't care what he eats.

b. bend closer and ask him to repeat his order. He knows he's hard to understand.

c. beg the other girl working with you to help him because you feel weird talking to him.

3. When a new kid who's mentally on a different level comes into band, your teacher asks you to help him. You

a. repeat slowly and clearly everything the teacher says. The guy's probably not smart enough to figure it out himself.

b. smile, get him to a seat, and introduce him to some nearby kids. Then you ask him how long he's played the tuba.

c. beg the teacher to get someone else. When he denies your request, you show the guy his seat and then ignore him.

4. At a party, you see some friends mouthing words to a girl, making her think her hearing aid needs adjusting. You

a. join the fun by silently saying your name to the girl. After all, it's just a joke.

b. greet your friends audibly and introduce yourself to the girl. Maybe it's a game she's enjoying, but until you know for sure, you're not buying it. Besides, if you start talking normally, maybe the others will too.

c. say a quick hi and keep walking. You don't want to get involved in a situation that may hurt the other girl.

5. A woman pushes a guy in a wheelchair into your Sunday school classroom. Since the teacher hasn't

come in yet, the woman rolls him over to the closest person—you! You

a. edge away from the wheelchair and tell the woman that the teacher will be there soon.

b. focus on the guy, smile, and say, "Want to share my lesson book?"

c. suddenly develop an urgent need for water and dart to the drinking fountain in the hall. Someone else can deal with him.

6. You can hardly stand art class because of Jeremy. He can't stay in his seat, constantly interrupts the teacher, and is the most unorganized person ever. Five minutes after the county art contest deadline is announced, he asks you for it. You

a. snarl, "She just told us! Can't you remember anything?"
b. tell him, and offer to loan him a pencil and paper to write it down.

c. concentrate on your ceramic bowl. Maybe if you ignore him long enough, he'll go harass someone else. *

Results

Mostly A's

You may not intend to be cruel or patronizing, but your answers show little compassion for, or understanding of, the disabled. Is this how you'd want to be treated? After all, God cares about the disabled just as much as those you'd consider "normal." Check out some of the B answers for better ways to show His love.

Mostly B's

You try to respond to the disabled kindly and respectfully. After all, they have feelings, opinions and preferences like anyone else. Even though being around disabled people may make you uncomfortable, keep on reaching out to them. Soon you'll forget the disability and just see the individual.

Mostly C's

You frequently try to avoid the disabled. While it's good not to be nasty, you could help even more if you'd interact well with them. And remember, they don't want pity, just the chance to be treated like anyone else. If they need your help, they'll tell you. Not sure what to do? Ask them!

guy talk

JOHN ALLEY, 16

When a girl approaches me, it shows me she's interested and that she cares. It takes a lot of courage for a girl to do the approaching, and I respect that.

I'm comfortable with the girl approaching me; it doesn't require me to take as much of a risk.

So what do you think about girls approaching guys?



NATE McALLISTER, 17

I'd rather do the approaching myself. I know what I like. And I want to make the decision of whom I consider dating. Guys sometimes feel trapped when they're approached by girls.

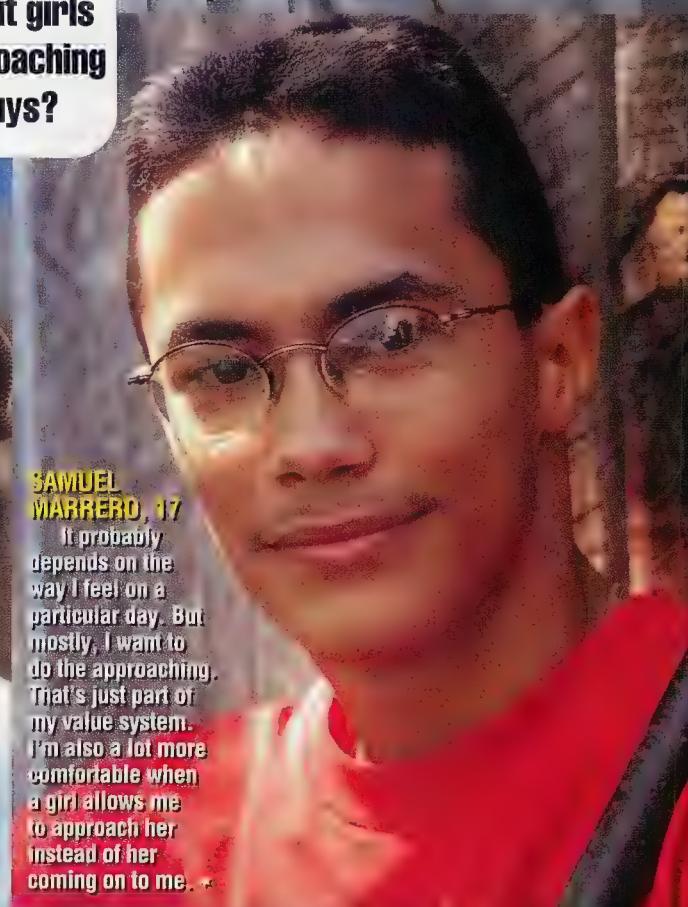
I feel pretty confident and just enjoy getting to do the approaching. One time a girl came up to me with, "I like you. Wanna date?" It was a total turn-off.

BRENT CASHELL, 17

Although it's normal for a guy to approach the girl, I don't mind when a girl approaches me because it shows me she's not afraid of her true feelings. We need more honest girls.

SAMUEL MARRERO, 17

It probably depends on the way I feel on a particular day. But mostly, I want to do the approaching. That's just part of my value system. I'm also a lot more comfortable when a girl allows me to approach her instead of her coming on to me.

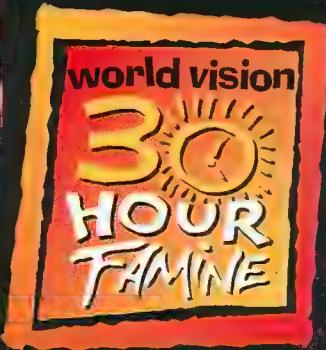




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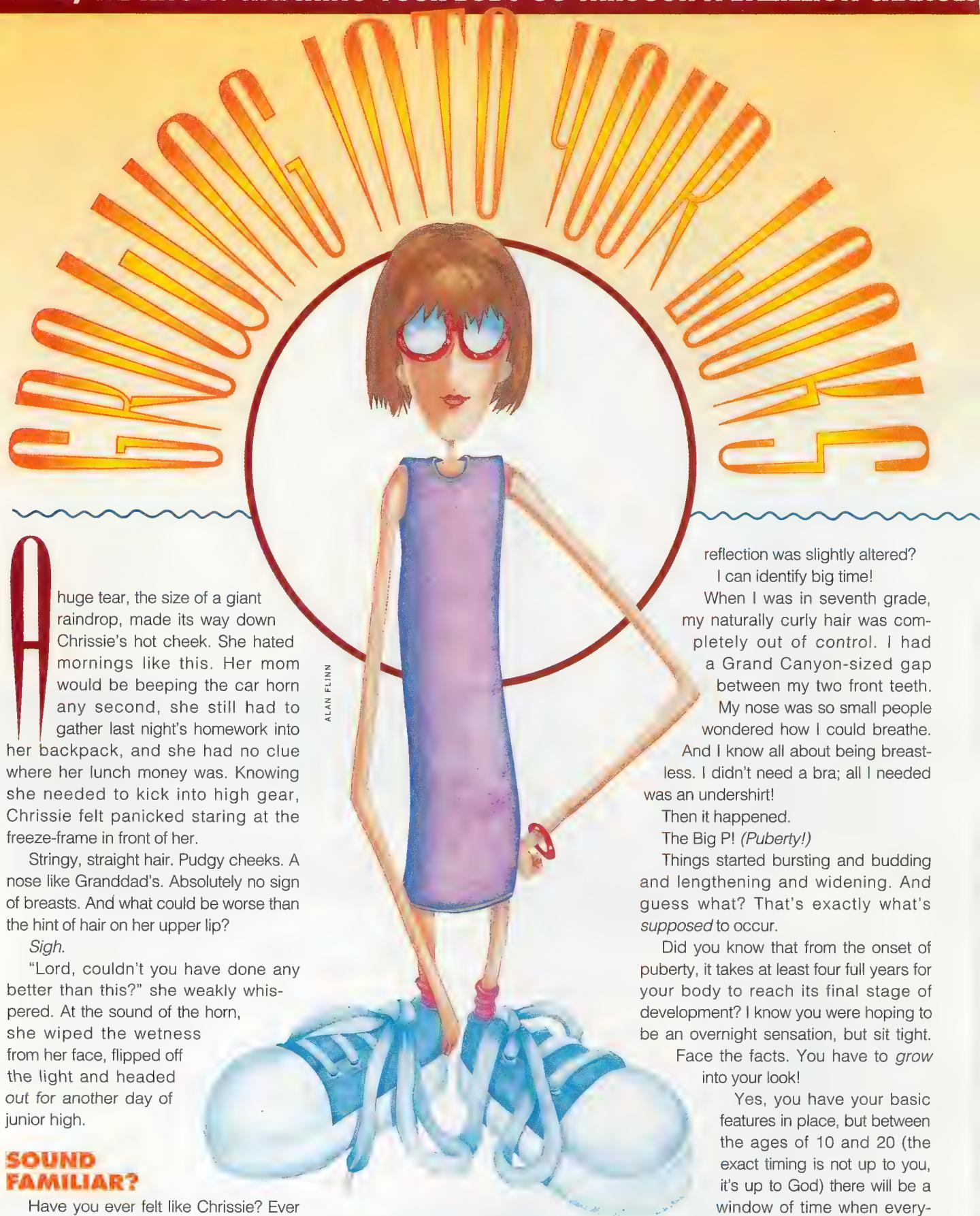
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B927



A huge tear, the size of a giant raindrop, made its way down Chrissie's hot cheek. She hated mornings like this. Her mom would be beeping the car horn any second, she still had to gather last night's homework into her backpack, and she had no clue where her lunch money was. Knowing she needed to kick into high gear, Chrissie felt panicky staring at the freeze-frame in front of her.

Stringy, straight hair. Pudgy cheeks. A nose like Granddad's. Absolutely no sign of breasts. And what could be worse than the hint of hair on her upper lip?

Sigh.

"Lord, couldn't you have done any better than this?" she weakly whispered. At the sound of the horn, she wiped the wetness from her face, flipped off the light and headed out for another day of junior high.

SOUND FAMILIAR?

Have you ever felt like Chrissie? Ever looked into the mirror wishing the

reflection was slightly altered?

I can identify big time!

When I was in seventh grade, my naturally curly hair was completely out of control. I had a Grand Canyon-sized gap between my two front teeth.

My nose was so small people wondered how I could breathe.

And I know all about being breastless. I didn't need a bra; all I needed was an undershirt!

Then it happened.

The Big P! (Puberty!)

Things started bursting and budding and lengthening and widening. And guess what? That's exactly what's *supposed* to occur.

Did you know that from the onset of puberty, it takes at least four full years for your body to reach its final stage of development? I know you were hoping to be an overnight sensation, but sit tight.

Face the facts. You have to *grow* into your look!

Yes, you have your basic features in place, but between the ages of 10 and 20 (the exact timing is not up to you, it's up to God) there will be a window of time when everything changes to some degree.

by Andrea Stephens

GETTIN' SPECIFIC

Growth gains: Without your permission, and often without warning, your hormones leap out of hibernation, your period starts and your bod begins to grow at a faster pace as it takes you from a young girl to a young woman. During this time, your bones become longer and more dense—and usually not all at the same time! Your arms might get ahead of your legs. Or your feet might shoot out two sizes before you get any taller. That's why most girls go through an awkward, uncoordinated phase. Fear not. Everything *will* catch up!

Facial features flourish: As your face works itself into its perfect proportions, all sorts of stuff takes place. Your cheekbones get wider and your jawbone gets longer! Both of these changes affect the looks of your eye and nose areas.

There may also be slight changes in the shape of your forehead. All of this works *together* as you take on a more mature look. (See . . . there *is* a reason!)

Upper bod blossoms: Okay, finally! Your nipples begin to push out from your chest as the mammary glands develop beneath them. And . . . drum roll . . . breasts appear!

One may appear sooner than the other, but they even out. You probably need to check out the bra department as soon as you begin budding. To avoid embarrassing nipple moments, select a bra (and bathing suit top) with a thicker cup—not a padded bra, but no single layers, either.

Carve out the curves: Now let's talk about your lower bod, okay? Your pelvic bones will widen, causing your hips and thighs to fill out. No—you're not getting fat! God has *programmed* the female figure to be fleshy for the purpose of childbearing (later in life, like after the honeymoon). Girls who are hard on themselves or tease others about teenage weight gain are ignorant of God's plan.

Hair happenings: Soft hair appears on various parts of your body, such as your underarms, legs, pubic area, chest, upper lip, between your eyebrows and maybe even on your big toe!

Don't worry; all of this is *normal*.

Perspiration princess: Your sweat glands get geared up and start working overtime. Some girls perspire or have more odor than others. To prevent yourself from being plagued with an undesirable fragrance, shower daily and arm yourself with antiperspirant and deodorant (remember—antiperspirants stop wetness; deodorants stop odor).

WHAT'S IT ALL ABOUT?

All of these changes are part of the totally cool, complex, ingeniously Master-minded workings of the human body. They're *normal* and *natural*. They take you from childhood into adulthood, giving you a look that is yours alone!

Be patient as you give the new you time to develop.

ducksters because she didn't look like the other ducklings.

After a tough winter of shivering alone in the snow and fending for herself, springtime finally appeared and so did the brand-new duckling. The big, gray bird had changed! She could barely believe what she saw as she looked at her reflection in the pond. She had matured into a sensational swan!

SO WHAT'S IN IT FOR ME?

Okay, we don't all suddenly become gorgeous geese or stunning swans, but you get the point!

As you journey along puberty's path, you *will* grow into your looks. Some of your least favorite qualities are often only temporary. Perhaps your most picked-on features will become your most prized



FLASHBACK

Remember the Hans Christian Anderson fairy tale, "The Ugly Duckling"? There's a point to be learned here, so allow me to freshen your memory:

The mother duck, we'll call her Mrs. D, had faithfully sat on her huge nest of eggs waiting patiently for the happy hatching day to arrive. When it finally did, the teeny ducklings pecked their way out of the shells. All was well, until the largest egg's duckling pecked through, peeked out, then pushed open her shell. Uh-oh. Something different about this girl. She was big, gray and **U-G-L-Y!** She was very quickly quacked out of Duckville by her family and neighboring

possessions. It happened for me as my formerly skinny legs and knobby knees won me the preliminary swimsuit competition and a college scholarship in the Miss Oklahoma Pageant. I later modeled in New York (until God redirected my path).

Facts are that based on our world's unrealistic beauty standards, most girls aren't supermodel material. But every girl, even *you*, is a work of art, fearfully and wonderfully made by a loving Designer. Thank Him daily for *your* special features and trust His wisdom as you grow into the final **YOU!** *

Andrea Stephens has written nine books and is a pastor's wife living in Bakersfield, Calif.

IF YOU COULD SEE ME THEN!

Everyone has to grow into his or her looks. Can you match these photos of familiar faces? They turned out okay, and you will too!



1. Andrea Stephens 2. Autumn Alcott 3. Terry Jones 4. Jan Aufdemberge 5. Greg Long 6. Kathy Gowler 7. Michael Tait 8. Denise Jones 9. Lindy Morgan 10. Martha Bolton 11. The Cafeteria Lady 12. Marty McCormack 13. Molly Stephens 14. Michael W. Smith 15. Stephanie Cherry 16. Susie Shellenberger 17. Shelley Breen 18. Cari Fallen 19. Heather Floyd 20. Toby McKeahan 21. Nancy Rue 22. Kevin Max 23. Kathy Troccoli

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Appointment With God

**Want some personal time with the Lord?
Try these ideas.**

by Debra White Smith

RON NICKEL



Worshiping God can be an awesome experience, or it can be awkward and burdensome. If you worship from within yourself, then worship will be awesome. If you worship the way you think God or others think you should, then it'll probably be awkward. In other words, real worship comes from an honest and open heart. There's no set method, time or position for it.

Worship at church should be an extension of what goes on during your worship time at home. But usually, the opposite is true. We often feel worshipful at church, but don't seem as inspired at home.

The following steps will help you on a journey of worshiping God at home. Remember, there are no set rules for worship, but hopefully these tips will encourage you in the right direction.

Choose a place for worship and

call it your "holy" place. You could spend time under a tree in your back yard or in the middle of your bed. The location doesn't matter. What matters is that you have one place to go when you worship and, as much as possible, that place is free of distractions. Having one special spot away from others helps you focus on why you're there.

Choose a comfortable position.

Yes, I said comfortable. Lying on your stomach or back, or sitting cross-legged is fine. If you want, kneel. But you don't have to kneel.

Close your eyes and focus on God.

During this time, shut the door on all the demands of the day. Stop thinking about friends, school and family and start thinking about the Lord. His goodness. His love. His incredible creativity. Jesus dying for you and the victory He's had over death. You might also memorize and ponder Scriptures that glorify God's

holiness. Psalm 29 is a good place to start.

Sing. Softly sing any hymn or chorus from church that glorifies the Lord, such as "God Is So Good." You might choose one special song as your "holy" song and use it for years. Or, you might prefer to sing a new song every day. Whatever you decide, singing within itself is a form of worship and helps to sharpen your focus for why you're there. Sing for as long as you like.

Start praising. Don't ask for anything, just tell God how much you love, cherish and appreciate Him as your heavenly Father. There are no specific words to say and no specific way to say them. Just share your heart with God. Remember, God made you. He already knows you better than you know yourself. He doesn't expect some fancy speech or lofty vocabulary. He expects you to be yourself. So talk to Him as simply as you talk to your friends.

Start asking. After you've worshiped, then bring your requests to God. First, ask Him to show you anything you need to ask forgiveness for, from Him or others. Then ask God for His guidance and strength and lift up the requests of others and yourself.

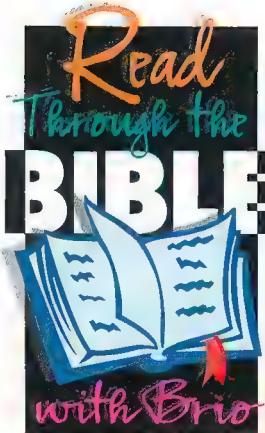
Close with more praise. I like to close my worship time by raising both hands and softly singing another chorus to Him. Sometimes I'll sing several minutes, enjoying the sweetness of God's presence. You don't have to raise your hands or sing. But try ending your prayer with more worship. You'll find this leaves you in God's presence.

Expect some tears. For girls and guys, connecting with God often brings tears. The intensity of His presence, the closeness of His spirit will so bless you that you'll lose yourself in His power. Tears are often a natural witness to God's touch. Don't be ashamed or afraid of tears. They're a beautiful gift from God.

Some people like to set a specific time every day for their worship. If you have a predictable schedule, it might be a good idea to do this—especially as you get started, because you'll reduce your chances of skipping worship if you have a set time for it.

But, if your schedule is chaotic, you don't have to worship at the same time every day. My schedule is chaotic, and I often pray that God will open up a daily time for me to worship. Some days, I worship in the morning, some days in the afternoon and some days at midnight. The most important thing is that you worship. God likes to hear from you, and you'll find that the more you worship Him, the more you'll hear from Him. *

Debra White Smith, her husband, Daniel, and son, Brett, are enjoying the most recent addition to their family—Brooke, a little Vietnamese girl they adopted this year. You can visit Debra on the World Wide Web at www.getset.com/debrawhitesmith



Hey Brio Sisses! You'll be reading through Ezekiel, Daniel, Hebrews, James, 1 and 2 Peter, 1 John, Psalms and Proverbs this month. Be sure to keep your heart open as you read God's Word—He may just teach you a thing or two!

- Nov. 1 . . .** Ezek. 1:1-3:15 • Heb. 3:1-19 • Ps. 104:1-23 • Prov. 26:24-26
- Nov. 2 . . .** Ezek. 3:16-6:14 • Heb. 4:1-16 • Ps. 104:24-35 • Prov. 26:27
- Nov. 3 . . .** Ezek. 7:1-9:11 • Heb. 5:1-14 • Ps. 105:1-15 • Prov. 26:28
- Nov. 4 . . .** Ezek. 10:1-11:25 • Heb. 6:1-20 • Ps. 105:16-36 • Prov. 27:1-2
- Nov. 5 . . .** Ezek. 12:1-14:11 • Heb. 7:1-17 • Ps. 105:37-45 • Prov. 27:3
- Nov. 6 . . .** Ezek. 14:12-16:41 • Heb. 7:18-28 • Ps. 106:1-12 • Prov. 27:4-6
- Nov. 7 . . .** Ezek. 16:42-17:24 • Heb. 8:1-13 • Ps. 106:13-31 • Prov. 27:7-9
- Nov. 8 . . .** Ezek. 18:1-19:14 • Heb. 9:1-10 • Ps. 106:32-48 • Prov. 27:10
- Nov. 9 . . .** Ezek. 20:1-49 • Heb. 9:11-28 • Ps. 107:1-43 • Prov. 27:11
- Nov. 10 . . .** Ezek. 21:1-22:31 • Heb. 10:1-17 • Ps. 108:1-13 • Prov. 27:12
- Nov. 11 . . .** Ezek. 23:1-49 • Heb. 10:18-39 • Ps. 109:1-31 • Prov. 27:13
- Nov. 12 . . .** Ezek. 24:1-26:21 • Heb. 11:1-16 • Ps. 110:1-7 • Prov. 27:14
- Nov. 13 . . .** Ezek. 27:1-28:26 • Heb. 11:17-31 • Ps. 111:1-10 • Prov. 27:15-16
- Nov. 14 . . .** Ezek. 29:1-30:26 • Heb. 11:32-12:13 • Ps. 112:1-10 • Prov. 27:17
- Nov. 15 . . .** Ezek. 31:1-32:32 • Heb. 12:14-29 • Ps. 113:1-114:8 • Prov. 27:18-20
- Nov. 16 . . .** Ezek. 33:1-34:31 • Heb. 13:1-25 • Ps. 115:1-18 • Prov. 27:21-22
- Nov. 17 . . .** Ezek. 35:1-36:38 • James 1:1-18 • Ps. 116:1-19 • Prov. 27:23-27
- Nov. 18 . . .** Ezek. 37:1-38:23 • James 1:19-2:17 • Ps. 117:1-2 • Prov. 28:1
- Nov. 19 . . .** Ezek. 39:1-40:27 • James 2:18-3:18 • Ps. 118:1-18 • Prov. 28:2
- Nov. 20 . . .** Ezek. 40:28-41:26 • James 4:1-17 • Ps. 118:19-29 • Prov. 28:3-5
- Nov. 21 . . .** Ezek. 42:1-43:27 • James 5:1-20 • Ps. 119:1-16 • Prov. 28:6-7
- Nov. 22 . . .** Ezek. 44:1-45:12 • 1 Pet. 1:1-12 • Ps. 119:17-32 • Prov. 28:8-10
- Nov. 23 . . .** Ezek. 45:13-46:24 • 1 Pet. 1:13-2:10 • Ps. 119:33-48 • Prov. 28:11
- Nov. 24 . . .** Ezek. 47:1-48:35 • 1 Pet. 2:11-3:7 • Ps. 119:49-64 • Prov. 28:12-13
- Nov. 25 . . .** Dan. 1:1-2:23 • 1 Pet. 3:8-4:6 • Ps. 119:65-80 • Prov. 28:14
- Nov. 26 . . .** Dan. 2:24-3:30 • 1 Pet. 4:7-5:14 • Ps. 119:81-96 • Prov. 28:15-16
- Nov. 27 . . .** Dan. 4:1-37 • 2 Pet. 1:1-21 • Ps. 119:97-112 • Prov. 28:17-18
- Nov. 28 . . .** Dan. 5:1-31 • 2 Pet. 2:1-22 • Ps. 119:113-128 • Prov. 28:19-20
- Nov. 29 . . .** Dan. 6:1-28 • 2 Pet. 3:1-18 • Ps. 119:129-152 • Prov. 28:21-22
- Nov. 30 . . .** Dan. 7:1-28 • 1 John 1:1-10 • Ps. 119:153-176 • Prov. 28:23-24

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Is Brandy Getting an Image Makeover?

I've heard "The Boy Is Mine" and was wondering what you thought about the rest of Brandy's new CD, *Never Say Never*?

**Rebecca Hypes
Canvas, W. Va.**

As an actress, Brandy Norwood has won millions of fans. Portrayals of *Cinderella* and TV's *Moesha* have proven she's more than just a talented singer. Still, she's probably most adored for that smooth R&B music of hers. With few exceptions, her first two discs have conveyed a wholesome optimism.

Thirteen of *Never Say Never*'s 16 tracks deal with love or lost love. Brandy pledges commitment to her man ("Put That on Everything"). She wants unity for humanity ("One Voice"). She even dumps guys who let her down ("Learn the Hard Way"). All praiseworthy themes. But "Angel in Disguise" disappointed me. The line "In your sleep you called her name" suggests that Brandy and her boyfriend may be sleeping together. And the rapper Mase appears on "Top of the World" with lyrics advocating alcohol use and physical assault.

This 19-year-old performer says she likes being a role model, yet some of her recent career choices have Christian teens scratching their heads. For example, Brandy's latest movie is the bloody slasher film *I Still Know What You Did Last Summer*. Why? She told *Seventeen*, "The Brandy image is, I'm a kind, gentle virgin. . . . [But] I'm a real person and I have a left side in me, too." The magazine

said she'd like to shed her squeaky-clean image. Too bad. It's what inspired music we could feel pretty good about. Now that she's sending these mixed messages to her fans, we have to wonder what kind of role model she really wants to be.

I like the song "Missing Person" by Michael W. Smith. Could you tell me what it means and what you think of it?

**Alyssa Lambert
Verndale, Minn.**

It's one of my favorite songs on the *Live the Life* CD because Michael gets really honest about a heart-challenge most



Christians face at some point. The "boy" mentioned in the chorus is actually the singer as a young man (I say "the singer" rather than "Michael" because I'm not sure if this tune is meant to be autobiographical). Battle scars over the years have taken a toll, and he longs for a joy and idealism he hasn't seen in himself for a long time. The missing person is the person he *used* to be.

Sometimes, as we grow up, the world can steal our innocence. It's a harsh place. Our eyes are opened to things we wish we hadn't seen ("Is there a way to unlearn/That carnal knowledge that's chipping away at my soul"). And if we're not careful, that can

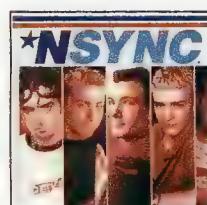
make us cynical and hard-hearted. Michael warns listeners to avoid being led down that path. He wants us to learn from the mistakes of the man in the song, now desperately trying to regain his footing.

Nurture your faith by powering up on God's Word. Cling to the truth of Proverbs 4:23. If we stick close to the Lord, we'll continue to see the world from His perspective and avoid becoming a "missing person."

I really appreciate "High Voltage." What do you think of the group 'N Sync?

**Jocelyn Kliewer
Hillsboro, Kan.**

Their self-titled CD impressed me! Justin, Chris, Joey, J.C. and Lance are riding the wave of positive pop behind fellow



surfers Hanson and Backstreet Boys. Tight harmonies. Catchy melodies. And most of 'N Sync's life-celebrating, R&B

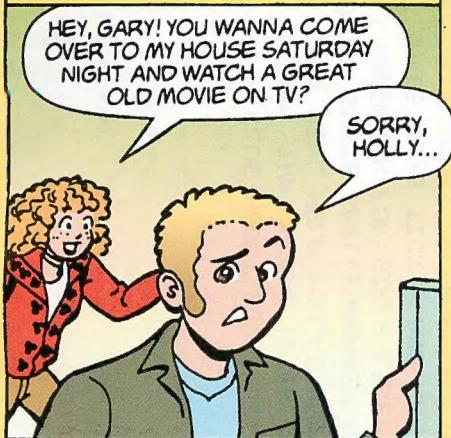
flavored lyrics talk about loving relationships. They emphasize sweet promises and friendship—not sex. Your parents may even enjoy hearing two songs from their own high school days (remakes of "Sailing" and "Everything I Own"). Great grooves. Hot moves. And it sounds like they're really nice guys. *

Got a music Question for Bob?

Send it to: High Voltage
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And in Canada:
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Holly and the Ivy Halls



Hey, Brio Readers!

(Sisses, pastors, grandpas, moms, bros - you'd be amazed at who reads this thing!)

I'm still overwhelmed by the tremendous response I received from the "Standing Tall" article in the March '98 issue of Brio. God has truly shown me His love and care through each one of you. I can't thank you enough for the encouragement and joy you have given me. Your prayers and love have gone far beyond anything I imagined.

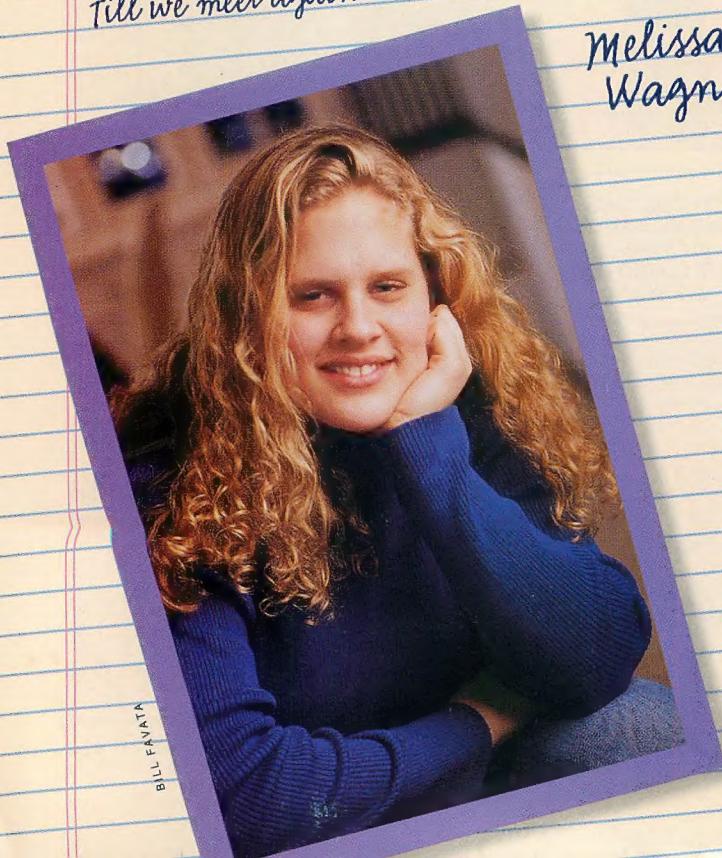
The body of Christ is an awesome thing! Please know that a bit from each letter you've sent has remained in my heart. I'm sorry I can't respond to all this mail - I would love to - but I just don't have the time.

I'm currently a student at Covenant Bible College - a great discipleship school - in Strathmore, Alberta, Canada. I'm learning what it really means to give everything to Christ. I'm excited about how God is changing me and how He's working in so many ways.

Press on, my friends. Thanks again to Calif., Maine, Australia, New Zealand and everywhere between. God Rules! Amen, Sisses?

Till we meet again . . .

Melissa
Wagner



BRI
1111

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"ANYBODY GOT A CLUE ABOUT GUYS?" THAT'S NOT JUST A GOOD QUESTION. THAT'S THE TITLE OF A GREAT PAPERBACK THAT WILL HELP YOU FIGURE OUT GUYS. "BRI" EDITOR SUSIE SHELLENBERGER HAS WRITTEN THE PERFECT HANDBOOK FOR GIRLS LIKE YOU. SO YOU'LL KNOW WHAT MAKES GUYS TICK...AND WHAT TICKS THEM OFF! TO REQUEST YOURS, PLEASE SEE THE CENTER OF THIS MAGAZINE.

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CJMPK Clubhouse Jr.	<input type="checkbox"/> 3 yrs. \$32 <input type="checkbox"/> 2 yrs. \$22 <input type="checkbox"/> 1 yr. \$12	\$	_____
CHMPK Clubhouse	<input type="checkbox"/> 3 yrs. \$40 <input type="checkbox"/> 2 yrs. \$28 <input type="checkbox"/> 1 yr. \$15	\$	_____
TFSUB Brio	<input type="checkbox"/> 3 yrs. \$40 <input type="checkbox"/> 2 yrs. \$28 <input type="checkbox"/> 1 yr. \$15	\$	_____
TMSUB Breakaway	<input type="checkbox"/> 3 yrs. \$40 <input type="checkbox"/> 2 yrs. \$28 <input type="checkbox"/> 1 yr. \$15	\$	_____
FAMPK Citizen	<input type="checkbox"/> 3 yrs. \$48 <input type="checkbox"/> 2 yrs. \$35 <input type="checkbox"/> 1 yr. \$20	\$	_____
PMSUB Single-Parent Family	<input type="checkbox"/> 3 yrs. \$40 <input type="checkbox"/> 2 yrs. \$28 <input type="checkbox"/> 1 yr. \$15	\$	_____
PGSUB Plugged In	<input type="checkbox"/> 3 yrs. \$48 <input type="checkbox"/> 2 yrs. \$35 <input type="checkbox"/> 1 yr. \$20	\$	_____
EDSUB Teachers in Focus	<input type="checkbox"/> 3 yrs. \$48 <input type="checkbox"/> 2 yrs. \$35 <input type="checkbox"/> 1 yr. \$20	\$	_____
MFSUB Pastor's Family	<input type="checkbox"/> 3 yrs. \$45 <input type="checkbox"/> 2 yrs. \$32 <input type="checkbox"/> 1 yr. \$18	\$	_____



Colorado Springs,
CO 80995

My monthly gift is enclosed. \$ _____
Additional gift in support of Focus on the Family \$ _____

TOTAL DONATION AMOUNT \$ _____

SEND IT TO A FRIEND

To send resources or magazines to a family member or friend, please be sure to complete all information.

A PLEASE SEND: _____ item(s) and code(s)

TO: _____ first name _____ last name

_____ address
_____ city _____ state _____ zip code

This magazine membership is: new
 renewal

For youth magazines: guy birthdate _____ / _____ / _____
 girl mo. day yr.

B PLEASE SEND: _____ item(s) and code(s)

TO: _____ first name _____ last name

_____ address
_____ city _____ state _____ zip code

This magazine membership is: new
 renewal

For youth magazines: guy birthdate _____ / _____ / _____
 girl mo. day yr.

I HEAR YOUR BROADCAST

Call letters of the radio station on which I hear your broadcast: _____

AM FM

DUPLICATE MAILINGS?

I am receiving duplicate mailings. Enclosed are the address labels from duplicate mailings, and I have indicated which one(s) should be removed from your list.

METHOD OF CONTRIBUTION

My check or money order is enclosed payable to **Focus on the Family**.

Please charge \$ _____ to my:

VISA MasterCard DISCOVER

_____ card number _____ expires (required)

(_____) home phone (_____) work phone

name as it appears on credit card

cardholder's signature (required)

*The Internal Revenue Code permits you to deduct the amount you give to Focus on the Family that goes beyond the value of materials we send you. To help you determine the tax-deductible portion of your gift, we'll show on your receipt the fair market value, along with the total gift amount. From the time we receive your request, please allow 7-10 days for delivery of resources (2-3 weeks for magazine memberships) in the continental United States. Broadcast tapes are shipped after the program has aired.

Offers expire March 1999.



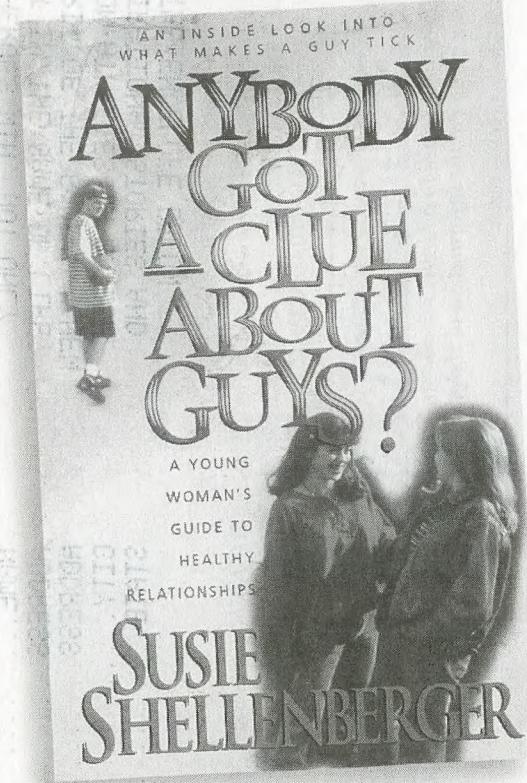
8BRK

to request yours, please see inside this envelope

(\$21 in Canada) each one-year membership
Suggested donation: \$15

Moisten & Seal

So, You Want to Know More About gU^u ys



Now 'fess up—you know you do. We've got proof! We've received hundreds of letters with questions like these from girls like you, and *Brio* editor Susie Shellenberger offers some answers in *Anybody Got a Clue About Guys?* This is the perfect handbook for figuring out guys. You'll learn what's the best way to get guys to notice you, what they really like in girls and how to be good friends with them.

So, if you could stand to learn the inside scoop on what guys are thinking, request your paperback today!

Anybody Got a Clue About Guys?

Suggested donation: \$11 (\$16 in Canada) BP186

TO REQUEST YOURS, PLEASE SEE INSIDE THIS ENVELOPE.

LOOK WHO'S COOKING UP THE Laughter

You've giggled along with her crazy antics in *Brio*, but you've never seen her like this! ***The Cafeteria Lady on the Loose*** is a side-splitting paperback that has chapter after chapter of her crazy and hilarious adventures as a teenager. Who else would wear a seatbelt while performing on the balance beam, use a stomach pump in her table setting and turn in a book report about the yellow pages? Not only will these wacky tales of this ex-adolescent work out the laughter muscles, she'll help you see the humor in all of your too-embarrassing-to-believe moments!

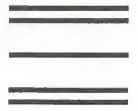


The Cafeteria Lady on the Loose

Suggested donation: \$7 (\$10 in Canada) BF539

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Place
Postage
Here



This is a new address.